

# What to Bring Checklist Adolescent Program



Please refer to our website to review the client dress code and full list of prohibited items.

Please contact your admissions counselor if you have any questions about what to bring.



[Dress Code & Prohibited Items](#)

## Medications

- minimum 7 day supply of prescribed medication in original bottle or packaging (bring entire supply if possible)
- prescribed over the counter medications (supplements, vitamins, etc.) with doctor's prescription

## Clothing

- 7-10 day supply of t-shirts/tops
- 7-10 day supply of shorts/pants appropriate for leisure or athletic activities
- 2-3 pairs of shoes: sneakers, flip-flops/slides (no boots, heels, or platforms)
- 7-10 day supply of socks
- 7-10 day supply of underwear/ boxers
- 7-10 day supply of bras (no underwire)
- 7-10 day supply of pajamas or night clothes
- 2-3 sweaters/hoodies for layering
- 1 winter hat (seasonal)
- 1 warm jacket/coat (seasonal)

## School Items

- text books, workbooks, required reading books
- notebooks / composition books (no spiral bound)
- agenda/organizer (no spiral bound)
- passwords & login information for school websites, school email, and apps
- school issued laptop if required

## Personal Care Items

- glasses or contacts, contact solution, glasses case (if needed)
- shampoo & conditioner (15 oz. or less each)
- soap or body wash (15 oz. or less)
- face wash or cosmetic wipes
- toothbrush & toothpaste
- solid deodorant
- hair brush/ comb

OPTIONAL:

- scrunchies/small elastic bands/hair ties
- cosmetics, must all fit in a travel sized cosmetic bag (no mirrors or glass)
- bonnets or shower caps

Acrylic nails must be removed.

## Personal Items (optional)

- water bottle (clear, no glass)
- 2-3 books for personal reading
- 2-3 word or number puzzle books
- 1-2 playing cards/card games
- 2-4 coloring books
- one (1) pack of washable markers or twistable colored pencils (24/pack or smaller)
- watch (no smartwatches or fitness trackers)
- small musical instrument (pre-approval required)
- stationary, envelopes, stamps, address list for letter writing

## Bedding and Room Décor (optional)

- one (1) throw blanket (optional; no comforters or weighted blankets)
- one (1) standard size pillow (optional; no body pillows)
- one (1) stuff animal or plushie
- printed photos / photo frames (without glass)