



What To Bring

1. Clothing and Comfort:
 - a. 1 week of regular clothing.
 - b. Exercise Clothing.
 - c. Swimsuit.
 - d. Church clothing. (optional)
 - e. Winter - Jacket, Hat, Gloves, Boots.
 - f. Pillow (if you have a preference)
 - g. Twin Mattress pad if desired.
 - h. Sleep Wear.
 - i. Shoes for everyday use and exercise.
2. Toiletries:
 - a. Normal Sundries.
 - b. Shampoo/Conditioner, hairspray, mouthwash(alcohol free), body lotion, sunscreen. Please refrain from bringing products containing alcohol, i.e. cologne, mouthwash, etc.
 - c. Body Wash.
3. Stamps/Envelopes
4. \$40.00 cash per month for concessions.
5. Driver's License, passport or photo ID.
6. All prescriptions should be approved by Warrior Spirit Medical beforehand.
7. Books and other reading material are okay to bring.
8. **Don't bring** - weapons of any kind, drugs or alcohol, and or any unapproved medications.