



Northwood Program Personal Items Checklist

Clothing:

- ___ 3 pairs pants (or shorts in summer – khaki or jeans only - NO cargo pants or shorts)
- ___ 3 shirts (must be appropriate)
- ___ 1 pairs sleep pants or shorts
- ___ 3 plain undershirts (white only)
- ___ 3 pairs of underwear
- ___ 3 pairs of socks
- ___ 1 pair of shower shoes/flip flops
- ___ 1 pair of athletic shoes

If weather is cold:

- ___ 3 sweatshirts (no hoods)
- ___ 3 pairs of jogging pants

Hygiene:

- ___ Toothbrush/toothpaste
- ___ Soap/body wash (cannot contain alcohol)
- ___ Shampoo/conditioner
- ___ Deodorant (non-aerosol and cannot contain alcohol)
- ___ Razor (electric only)
- ___ Comb/brush (no metal)

Other:

- ___ Completed Northwood Education Screening Form
- ___ Current Prescription medication/One refill
- ___ Insurance/Medicaid card (If applicable)
- ___ Envelopes, stamps, loose-leaf white paper, journal (no metal binding)
- ___ Bible

Optional:

- ___ Liquid washing detergent

Not Allowed:

- ___ Jewelry
- ___ Hats
- ___ Sunglasses
- ___ Money

Note: Please write the client's name on all items prior to entering the program.
The program will not be held responsible for lost or misplaced items.