



## 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.