



Northwood Program Personal Items Checklist

Please bring your insurance card if you have one

Clothing:

In summer, 3 pairs of shorts - no cargo

In winter, 3 pairs of jeans or jogging pants - no cargo

6 shirts or T-shirts - no hoodies, nothing inappropriate; 3 of the 6 shirts must be plain white

1 pair of sleeping pants

3 pairs of underwear

3 pairs of socks

1 pair of shower shoes

Hygiene:

Toothbrush and toothpaste

Soap or body wash - cannot contain alcohol

Shampoo and conditioner

Deodorant – must be non-aerosol and cannot contain alcohol

Comb or brush - no metal

Optional:

Liquid laundry detergent

Envelopes, stamps, loose-leaf paper, journal - no metal binding

Bible

Not Allowed:

Cell Phones

Hats

Money

Jewelry

Sunglasses