

Approved items/Please bring

- ✓ At least one week's worth of medication
- ✓ A variety of clothes for all weather conditions*
- ✓ Comfortable workout clothes and sneakers
- ✓ Toiletries (alcohol-free)
- ✓ **A debit card and/or Visa gift card** (for spending money), which will be locked up safely)
- ✓ Insurance card and/or copy
- ✓ Calling card for pay phone
- ✓ Hope and your sense of humor!

*Please limit to two bags

Items Not Approved

- ✓ Over the Counter (OTC) medication
- ✓ Supplements (i.e. Protein shake/mixes/exercise protein mixes, Exercise supplements)
- ✓ Electronics: this includes, but is not limited to laptop computers, DVD players, video games/devices, and the like
- ✓ Cell phones (please bring a list of frequently called numbers)
- ✓ Chewing tobacco, pipe tobacco, loose cigarette tobacco, or cigars
- ✓ Bottles containing any aerosol whatsoever (including some gel bottles)
- ✓ Anything containing alcohol, including some personal hygiene items
- ✓ Pornography
- ✓ "R" Rated movies and CDs with Parental Advisories
- ✓ Weapons, Sharp items (metal files, tweezers)
- ✓ Contraband
- ✓ Any expensive belongings
- ✓ Energy Drinks/caffeinated beverages
- ✓ Candy

**Baseball hats are not allowed to be worn inside The Commons; they are allowed only if worn outdoors*

**Please feel free to bring your iPod/MP3 player, however, use is limited to the gym*

~Pillow/comforter/linens provided~