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## PACKING LIST

### Documents

- Government issued photo ID
- Insurance card
- Emergency contact information
- List of family and friends phone numbers
- List of current medications and prescribing providers

### Clothing

- Two weeks of comfortable clothing
- Weather appropriate shoes and slides/flip flops
- Jacket or coat

### Toiletries and Personal Care (NO ALCOHOL IN FIRST 3 INGREDIENTS)

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Chapstick
- Hairbrush or comb
- Lotion and skin care products
- Feminine hygiene products
- Shaving items/beard trimmers
- Contact or glasses

### Nicotine Products

- Chew or nicotine pouches, cigarettes, vapes (must.be.new.and.unopened)
  - Bring enough to last at least 2 weeks if possible

### Medications

- Prescribed medications in original bottles
- Inhalers, EpiPens, or medical devices (if needed)

### Comfort and Daily Living Items

- Reusable water bottle
- Books
- Journal and pens or pencils