
PACKING LIST

WHAT TO BRING

Casual clothes (shorts, jeans, t-shirts, sweats)

Gym clothes, sneakers or running shoes

(You'll have the opportunity to use the gym, participate in yoga, martial arts, one-on-one training, walking trails, etc.)

We suggest you bring six days of clothing changes

Tennis shoes, shower flip-flops

Personal hygiene items (shampoo, soap, razors, etc.)

Only clear bottled shampoo.

No mouthwash with alcohol.

Any product with alcohol listed in the first three ingredients will be confiscated.

All personal hygiene items must be new with sealing and packaging intact (All items will be inspected at intake)

You must bring your driver's license or state ID, social security card and insurance card.

There is a limit of two suitcases per person

Headphone-equipped iPod, MP3 Player

Personal reading material

Writing paper, envelopes, postage stamps

Swimsuit for the sauna and hot tub

(One piece for women, no thongs, Speedos or over-exposure, etc.)

Seasonal clothes

For the months of September-April ensure you bring winter clothes and for the months of May-October bring warm weather attire.

** Michigan weather is unpredictable, please bring a jacket year round.*

You may bring your own pillow if you'd like

WHAT NOT TO BRING

Game consoles

Dangerous tools

Electric razors

Mouthwash containing alcohol

Aspirin, Tylenol, etc.

Over the counter drugs

(Unless medically prescribed with a doctor's note)

Stuffed animals or real live pets

Pornographic materials or items

iPod or MP3 players with internet access or camera

No food, beverages, candy or gum may be brought into the facility

Cigarettes (Must buy from facility)

Make Up

PACKAGES ARE NOT ALLOWED

TO BE SENT TO THE CENTER

(If packages are sent, they will immediately be returned to the sender and not forwarded)