



Packing List

While in treatment we will provide the following: shampoo, conditioner, lotion, lip balm, body wash, deodorant, dental floss, toothbrush, fingernail clippers, mouth wash, toothpaste, razors and shaving cream.

Please plan to bring:

- 1) Clothing, appropriate to the seasonal weather
- 2) Tee-Shirts, shorts and athletic shoes for working out/physical activity
- 3) Swimming suit/shorts (we may access off-site swimming year-round) sweat ceremony
- 4) Socks (7 total)
- 5) Underwear (7 total)
- 6) Appropriate night time sleepwear
- 7) Slippers
- 8) Jacket
- 9) Shoes (2 pairs – 1 should be tennis or running shoes)
- 10) Colder seasons (warm coat, gloves, boots) Healing Lodge will provide a winter hat.

Note: Any shade of Red and Blue may not be worn anywhere on one's person except undergarments.

Approved Miscellaneous Items:

- 1) Notebooks (No Spirals)
- 2) Pencils (regular & colored)
- 3) Playing cards
- 4) Coloring books

Items Not Allowed:

- 1) No personal hygiene products
- 2) Electronic devices (Cell phones, iPad, Tablets, Computers, etc.)
- 3) Cassette tapes, CD's, DVD's, Cameras or video recording devices
- 4) Make-up, nail polish and nail polish remover
- 5) Perfume, body spray & Cologne
- 6) Food, gum, candy, beverages, etc.
- 7) Metal cans, ropes, sharp objects like needles, tacks, pins, staples, etc.
- 8) Ink pens, glue, toxic marker pens, calligraphy pens, bottled ink.
- 9) Condoms
- 10) Baseball caps/hats
- 11) Magazines (books on approval only)



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of the
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- 12) Razor blades, disposable blades
- 13) Personal blankets, pillows and/or stuffed animals, etc.
- 14) No jewelry (watches, necklaces, chains, rings, bracelet)
- 15) If you have tongue/nose/ear piercing, please bring only what you are wearing.
- 16) Multiple belts
- 17) We discourage bringing any item that is significant in value (ex: clothing, jackets, shoes)
- 18) No inappropriate clothing such as: crop tops, short shorts, bandanas, muscle tank tops, etc)

Contraband List- Items not allowed at any time:

- 1) Illicit (non-prescription) drugs or alcohol
- 2) Tobacco Products, matches, lighters, or smoking paraphernalia
- 3) Weapons of any kind (determined by Healing Lodge Staff)

Clients should limit the number of items brought into the building. Other items not on this list may be deemed as inappropriate or dangerous by staff.

****The Healing Lodge is not responsible for lost, traded or damaged items.**