

# HELP FOR HEROES

## What to Bring

- All the medications you are currently taking, including OTC meds and inhalers (List or bottles/inhalers) Military ID/Driver's License
- 7 - 10 sets of civilian clothing/underwear/socks (no strings or ties). Washers and dryers are available on the units for washing clothes (Facility will provide detergent)
- Sweater/Jacket Nightwear/pajamas
- Comfortable shoes (no laces or boots)
- Gym shoes (with laces are permitted only during scheduled gym/PT time)
- You may keep a small amount of jewelry (wedding band, small earrings – Facility is NOT responsible for lost or stolen items)
- If you smoke, pack enough un-opened cigarettes to last the length of your stay
- Eye-care items (contact lenses/cleaning solution/case/eyeglasses) and toiletries
- Toiletries that do not include alcohol or aerosols & shower shoes

*\*We provide personal hygiene items such as toothpaste, toothbrushes, deodorant, shampoo and soap if needed.*

**The following items are also allowed, but will be held in a personal belongings locker and issued during times of supervision:**

- Cell Phone
- Cash, Checkbook, Credit Cards
- Electric razors
- Musical instruments
- Cosmetics
- Curling irons, hair dryers, straighteners, and other electric items (as approved)

## Please Do Not Bring

- Aerosol products/flammable liquids
- Products containing alcohol (to include toiletries)
- Cameras, laptops, personal gaming systems, radios, TV, MP3 players Food/Gum/Beverages
- Lighters/matches
- E-Cigarettes, or vapes
- Clothing Hangers
- Provocative clothing or clothing displaying drug paraphernalia Spiral/wire bound notebooks, Hard-back books
- Smart Watches
- Weapons of any kind (including pocket knives)

*\*Please note that this is not a comprehensive list of all items. Any questions, please call 844.330.6600*