



## **What To Bring**

Comfortable casual clothing (non-revealing). Bring enough for a week. There is a laundry facility on your floor and dryer sheets and laundry soap is provided.

We supply all towels and bedding. You can bring your favorite pillow if you want.

Indoor shoes, Our hardwood floors and marble staircase are hard on the legs. Crocs or runners are recommended.

A jacket appropriate to the season. In summer sunscreen and bug spray.

Pajamas, housecoat, sweat pants etc for sleeping.

Toiletries, shave kit, hair dryer, your normal bathroom items such as shampoo.

Water bottle.

Spending money for meetings, pop, snack food, cigarettes, etc.

Health care card.

A positive attitude.

## **What Not To Bring**

Cell phones (you will not be permitted use of your cell phone while here)

Laptop computers, personal DVD players or movies

Mouthwash, after-shave, perfume, hairspray, or items that contain alcohol

Revealing clothing or clothing that promotes drugs or alcohol, or offensive slogans

Protein powders or work out supplements or energy drinks.