

While packing may be the last thing on your mind, this list was created to make getting ready easy so you can start to focus on bigger things. While at TWC you will only need to pack comfortable clothing that you can sit or walk in. **PLEASE READ THIS LIST THOROUGHLY AND PACK CAREFULLY.** TWC does not have space to store extra clothing or belongings. **EXTRA ITEMS WILL NOT BE ALLOWED.** You will only be allowed to keep the items on the list with you while you are at TWC. Please do not bring extra items. **ANY ITEMS OVER THE LIMIT WILL NOT BE ALLOWED AT TWC AND YOU WILL HAVE TO DISPOSE OF THEM BEFORE YOU WILL BE ADMITTED.**

- 7 days of clothing.
 - During the Summer Months:
 - 5 pairs of long pants (3 pairs if you would like to bring shorts)
 - 2 pairs of shorts, must be mid-thigh length or longer, anything shorter will not be allowed (Summer only)
 - 7 tops (Tops must be modest with full coverage)
 - 1 dress
 - One modest bathing suit or swim shorts for outings.
 - **7 pairs of underpants (Required)**
 - **7 pairs of socks**
 - **Enough bras for seven days wear (required)**
 - Sleeping garments no more than 2 sets (required)
 - 1 lightweight Jacket (for cool evenings and outings (summer only)
 - 1 pair of good walking shoes
 - 1 pair of shower shoes
 - During the winter months:
 - A heavyweight coat
 - Winter shoes or boots
- \$40 maximum extra cash for store runs (optional)
- 30+ day supply of ALL MEDICATIONS - must be in original prescription bottle (required) and any over-the-counter medications you take must be in a new, factory sealed bottle, open bottles will not be accepted
- Inspirational or recovery reading material only
- Personal hygiene products (please check labels - alcohol cannot be included in the first five ingredients)
- Insurance card
- Primary doctor's name, address and phone number
- A clear cup or container with a lid that you can put your name on

The following items are not allowed during your stay:

- Cell phones NOT allowed (house phone available in evening for calls)
- **Personal pillow or blankets**
- Short shorts
- Tank tops
- Bikini tops
- Half shirts or midriff blouses (nothing that shows your belly or cleavage)
- Clothing with inappropriate sayings, logos or pictures
- No vape pens, e-cigs, etc.
- No laptops or electronic games
- No cameras
- No sharp objects (scissors, knives, etc.)

- No food, candy, or soda
- No alcohol-based hygiene products or aerosol products

NO WEAPONS OF ANY KIND ARE ALLOWED ON TRANSFORMATIONS WELLNESS CENTER PROPERTY. ANY WEAPONS FOUND WILL BE DISPOSED OF AT THE DISCRETION OF TRANSFORMATIONS WELLNESS CENTER.