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# SERENITY PACKING LIST

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## 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)