

What to Pack

Everyone

- ❑ good bath products
- ❑ deodorant
- ❑ sweat shirt
- ❑ PJ's (strings will be cut out)
- ❑ cool socks (it gets COLD)
- ❑ small stuffed animal
- ❑ colorful bandages
- ❑ checklist of dietary restrictions
- ❑ cheap watch with no metal
- ❑ robe with no sash
- ❑ clean pillow case
- ❑ water bottle
- ❑ small box of crayons
- ❑ composition notebook for journaling
- ❑ toothpaste
- ❑ tooth brush
- ❑ night light
- ❑ granola bars (no peanuts!) - or other favorite snack
- ❑ piece of dark chocolate
- ❑ nicotine patches/ gum
- ❑ peppermint gum
- ❑ tote bag without long straps
- ❑ q-tips
- ❑ cotton balls
- ❑ air freshener
- ❑ candy cigarettes
- ❑ magazines
- ❑ favorite novels
- ❑ rubber ring (if married)

Women

- ❑ bra without underwire
- ❑ perfume
- ❑ nail polish
- ❑ tampons/ pads
- ❑ hair ties
- ❑ lipstick/ mascara

Men

- ❑ cologne
- ❑ beanie