



Northwood Program Personal Items Checklist

Clothing:

- 3 pair pants (or shorts in summer – khaki or jeans only - NO cargo pants or shorts)
- 3 shirts (polo, t-shirt, button-up or sweatshirt, no hoodies – only solid color in black, white, gray, brown or green)
- 1 pair sleep pants or shorts
- 3 plain undershirts (white only)
- 3 pair boxers (No briefs/boxer briefs)
- 3 pair of socks
- 1 pair of shower shoes/flip flops
- 1 pair of athletic shoes

Hygiene:

- Toothbrush/toothpaste
- Soap/body wash (cannot contain alcohol)
- Shampoo/conditioner
- Deodorant (non-aerosol and cannot contain alcohol)
- Razor (electric only)
- Comb/brush (no metal)

Other:

- Completed Northwood Education Screening Form
- Current Prescription medication/One refill
- Insurance/Medicaid card (If applicable)
- Envelopes, stamps, loose leaf white paper, journal (no metal binding)
- Bible

Optional:

- Liquid washing detergent

Not Allowed:

- Jewelry
- Hats
- Sunglasses
- Money

Note: Please write the client's name on all items prior to entering the program. The program will not be held responsible for lost or misplaced items.