



Northwood Personal Items Checklist

Clothing:

- 3 pairs of pants (or shorts in summer - khaki or jeans only, no cargo)
- 3 shirts (polo, t-shirt, button-up or sweatshirt, no hoodies - only solid color in black, white, gray, brown or green)
- 1 pair of sleep pants or shorts
- 3 plain undershirts (white only)
- 3 pairs of boxers (no briefs/boxer briefs)
- 3 pairs of white 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)
- Electric razor (electric only)
- Comb/brush (no metal)

Other:

- Current prescription medication/one refill
- Insurance/Medicaid card (if applicable)
- Envelopes, stamps, stationery, loose-leaf white paper
- 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.