



SUNDOWN M RANCH

Youth Packing List

Required for Admissions:

- Picture Identification.
- Insurance/Medical card.
- Payment*.

*Sundown M Ranch does not have an ATM.

Medical

- Prescription medications in their original packaging with labels attached, and enough for the length of your stay. If possible, ask your pharmacy to provide bubble packs.
- OTC medications are considered "Medications" by the Department of Health and must be stored and controlled in the SMR medication room like prescribed medications.
- Over-the-counter medications (OTC) and supplements / vitamins must be in new, unopened sealed original containers. Bring only enough for your stay.
- Nicotine patches in their unopened original packaging (7 mg to 14 mg only)
- Any medical documentation requested.
- Do not bring large bottles
- Do not bring large bottle counts.
- Supplements are not allowed. The only exception for additional vitamins or supplements is a recent written order from a Doctor or equivalent. The Order must be within 90 days of admission.
- The Medical Director or designee may discontinue vitamins and/or supplements.
- You may bring one (1) small unopened bottle of multivitamins.

Personal Care:

- 7-10 days' worth of clothing*. Please do not bring delicate clothing that will not hold up in standard washing and drying machines.
 - Work out clothing and gym/athletic shoes/hiking shoes are optional.
 - Sandals, flip flops or any opened toed shoes must be worn with socks due to health codes.
 - All toiletries: toothbrush, shampoo, soap, deodorant, make up removal cloths, lotions, etc. Mouthwash must be alcohol-free.
 - Youth are allowed money to be placed in a spending account, for vending machines and the bookstore.
 - Small AM/FM clock radio that plugs into the wall, batteries are not allowed.
 - Earbuds to be used in the school environment only (non-Bluetooth).
 - *Laundry service is provided once per week.
- Please Do Not Bring**
- Tobacco products, electronic cigarettes, including vapes of any kind, lighters, or matches.
 - Chewing gum, candy, or outside food.
 - Razors, scissors, hair clippers (disposable razors are provided by SMR).
 - Gang Attire, bandanas, tank tops, leggings, or revealing clothing.
 - Laptops, netbooks, iPads, or any type of computer.
 - "Boom Boxes" or any type or medium to large music players.
 - DVD players.
 - Game Consoles or any type of video game.
 - Cellphones and wearable technology are secured during your stay