

# Youth Packing List

Sundown M Ranch - 9/9/2019

Please bring the following:

1. 7-10 days worth of comfortable wash and wear season appropriate clothing (please do not bring delicate clothing that will not hold up to standard washing and drying machines). Central Washington is a four season region with hot summers, cold winters and mild spring and fall (tank-tops are not allowed in-doors). Laundry service is provided once a week.
2. Workout clothing and gym/athletic shoes. Physical Education is conducted daily.
3. If you choose to wear sandals, flip flops or any opened toed shoes, please bring socks to wear with them. Health code requires socks on any opened toed shoes.
4. Toiletries (personal care items in labeled containers— toothbrush, shampoo, soap, deodorant, make up removal cloths/wipes, lotions and so on—no razors please) that you would normally pack. If you use mouth wash please bring alcohol free mouth wash.
5. *Prescription medications in their original bottles with labels attached (enough medication for the entire stay).*
6. Any medical documentation requested by Sundown M Ranch.
7. Picture Identification.
8. Insurance/Medical card.
9. Payment.
10. Youth patients are allowed to have spending money, placed in a spending account, for vending machines and the Book Store. Sundown M Ranch does not have an ATM. We also do not cash checks.

11. Calling card(s).
12. Alarm clock or small clock radio that plugs into the wall. It cannot contain batteries.
13. Ear Buds to be used in the school environment only. (non-Bluetooth)

### Please do not bring:

- Tobacco products of any kind, lighters, matches.
- Chewing gum, candy or outside food.
- Razors, scissors, hair clippers (disposable razors are provided by Sundown M Ranch).
- Gang attire, bandanas, tank tops, leggings, or revealing clothing.
- Cell phones.
- Laptops, netbooks, iPads, or any type of computers.
- DVD players.
- Game Consoles or any type of video games.
- iPods, CD players or any type of music player.