



SUNDOWN M RANCH

Adult 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.
- Over-the-counter medications and supplements/vitamins must be in new, unopened sealed original containers.
- Any medical documentation requested.

*Mixed medications are **not allowed**

Personal Care:

- 7-10 days' worth of comfortable wash and wear season-appropriate 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.
- Sandals, flip flops or any opened toed shoes must be worn with socks due to health codes.
- All toiletries: toothbrush, razor, shampoo, soap, deodorant, make up removal cloths, lotions, etc. Mouthwash must be alcohol-free.
- Enough spending money for your entire stay (small bills please) for vending machines, the bookstore, and other items.
- Small radio/CD player, IPod, or other portable listening devices. Nothing with internet capabilities or cameras.
- Alarm clock
- Nicotine products if you use them – enough for your stay.

*Laundry service is provided once per week.

Please Do Not Bring (wearable technology are secured during your stay)

- Laptops, netbooks, iPads, or any type of computer.
- Electronic cigarettes and Vaping Products.
- "Boom Boxes" or any type or medium to large music players.
- Dvd players.
- Game Consoles or any type of video game.
- Energy drinks and powdered supplements.
- Nut with shells.

*Cellphones and wearable technology are secured during your stay