



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. 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.
- Prescribed and OTC medications cannot be stored in your room.
- 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) unopened bottle of multivitamins. You will be able to keep this in your locking safe or drawer.

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

- Cellphones and 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.