



## 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