

## CLOTHING & PACKING LIST

1. *Southern California is warm, but nights can be cool. Winter months are chilly at times (40-50 degrees) and summer months in Redlands are hot (90-110 degrees.)*
2. *Please do NOT bring any ragged, worn, torn or “image” clothing (including beer/tobacco/gang or rap slogans, suggestive language or obscene graphics, etc.)*
3. *You will share a room with a roommate, thus space will be limited. **Please limit items to no more than two large duffle bags/suitcases OR 1 large footlocker size.***
4. *Benchmark will supply bedding (pillow/sheets/comforter & mattress liner); 1 set of bath towels and 1 clothes hamper.*
5. *Clients are allowed to bring 1 extra set of sheets (std. twin); 1 extra blanket and 1 extra pillow and may bring foam mattress topper, however these are usually not needed.*
6. *Please provide approximately two weeks supply of clothing and 1 month worth of personal hygiene items*

## DETOX & RESIDENTIAL TREATMENT (WILDWOOD & PANORAMA) – CASUAL & COMFORTABLE

### **CASUAL ATTIRE - Allowed throughout entire Detox & Residential program**

- jeans/shorts/pants
- casual shirts (*long & short sleeve, such as t-shirts, etc.*)
- work-out clothes/sweat suit
- pajamas
- swim suit(s)
- jackets (*1 light and 1 heavy*)
- undergarments
- sweaters
- socks/stockings/leggings
- robe
- beach towel(s)
- athletic shoes/loafers/flip-flops/sandals, etc. (1 each is ample)
- hiking / mud shoes
- gloves, warm jacket, beanie hat (winter)

### **Required Supplies**

- Alarm clock (can have iPod player/charger built-in)
- Watch (nothing expensive or fancy)
- toiletries - 1 full size each (i.e., shampoo/conditioner/styling products – NO MOUTHWASH)
- electric or battery operated shaving razor only (NO BLADES)
- make-up/hair-drier/flat-iron, etc.
- shower caddy for showers
- slippers or flip/flops in the house (no bare or sock feet for safety)

## **EXTENDED CARE & TRANSITIONAL LIVING – OUTPATIENT, HOUSES & APARTMENTS**

### **Attire**

- jeans/shorts/pants (dress jeans/slacks ok; leggings ok only with long cover-up blouse or under skirt) Shorts cannot be worn at the outpatient center; trousers must be worn at the hips and cannot be more than 2 sizes too big
- casual shirts & dress shirts (*long & short sleeve, such as t-shirts, etc.*)
- work-out clothes/sweat suit/yoga attire
- pajamas
- swim suit(s)
- jackets (*1 light and 1 heavy*)
- underwear
- sweaters
- socks/stockings
- robe
- beach towel
- athletic shoes/loafers/flip-flops/sandals/hiking shoes, etc. (1 each is ample)
- gloves, warm jacket, beanie hat (winter)
- 1 or two dress outfits for job interviews

### **Required Supplies**

- Alarm clock (can have iPod player/charger built-in)
- Watch (nothing expensive or fancy)
- Back pack for school
- small duffel/gym bag for work out gear
- Hangers (*1 dozen plastic*)
- toiletries - 1 full size each (i.e., shampoo/conditioner/styling products)
- electric or battery operated razor only
- make-up/hair-drier/flat-iron, etc.
- shower caddy for showers
- Laptop computer (for school/classwork) with WiFi access
- slippers or flip-flops must be worn in the house (no bare or sock feet only for safety)

### **Optional / Allowable Supplies**

- iPod/music player/Stereo (*Small table top player/charger with earphones; iPod Nano or Classic/MP3 Player, music options only*) Detox, Residential & Extended Care
- Extra set of sheets/towels/blanket/mattress pad (*Benchmark supplies 1 new set of sheets/pillow/towels/comforter*) Detox, Residential & Extended Care
- Photos from home - in frames for top of dresser or bed side table/pin-up photos on bulletin board, Detox, Residential & Extended Care
- Sleeping bag / hiking boots (*wilderness equipment OK*) **NOT NECESSARY ITEMS**

- Cell Phone/iTouch/iPhone/Kindle/Nook/iPad/Tablet (*allowed after 1<sup>st</sup> 30 days with approval*) *Extended Care*
- Cigarettes allowed upon move-in, 2 packs only to start, will be allowed to purchase them with student allowance, only if client is 21+ Years of age due to new CA laws, *Detox, Residential & Extended Care*
- E-Cigarettes are allowed ONLY for clients over 21 years of age; ok to bring 1 week's supply of e-cig liquid, *Detox, Residential & Extended Care*
- Vape is allowed for clients under 21 years of age, no nicotine products per CA law, *Detox, Residential & Extended Care*
- Bicycle & helmet (not needed until *Phase II of Extended Care and Transitional Living*)
- Skateboard & helmet (not needed until *Phase II of Extended Care & Transitional Living*)

### **Prohibited Items**

- Nothing allowed with sharp point or edges (no razors at all!)
- Nothing allowed with alcohol (mouthwash, hand sanitizer, deodorant, bug spray, cough syrup)
- Drugs or alcohol-related clothing, posters, body piercing (*pierced ears are OK*)
- Drugs or alcohol and any related paraphernalia
- Medical marijuana or synthetic products
- Weapons of any kind
- No music with violent/suggestive/obscene theme or lyrics
- No access to own money – do not bring cash/debit card/gift cards, etc.
- Do not bring anything of value, either sentimental or financial, no single item valued over \$150.
- Body piercings (except ears & nose) due to safety
- Increasing gauge sizes in ears
- Desk top computer