

BENCHMARK TRANSITIONS CLOTHING & PACKING LIST

1. Please **DO NOT** bring any one item that is valued over \$150 or that is sentimental in nature. Benchmark will not be responsible for lost, misplaced or stolen property or belongings.
2. 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.)
3. Please do NOT bring any ragged, worn, torn or "image" clothing (including beer/tobacco/gang or rap slogans, suggestive language or obscene graphics, etc.)
4. 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.**
5. Benchmark will supply mattress cover, bedding (pillow/sheets/comforter & mattress liner); 1 set of bath towels and 1 clothes hamper.
6. 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.
7. Please provide approximately two weeks supply of clothing and 1 month worth of personal hygiene items

RESIDENTIAL TREATMENT (WILDWOOD & PANORAMA) – CASUAL & COMFORTABLE

CASUAL ATTIRE - Allowed throughout Residential program

- Jeans/shorts/pants
- Casual shirts (long & short sleeve, such as t-shirts, etc.)
- Work-out clothes/sweats - yoga and fitness attire
- Pajama bottoms/sleep pants
- 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 boots / cowboy boots
- Mud/rain shoes
- Gloves, warm jacket, beanie knit cap (winter)
- Baseball cap or brimmed hat (summer)

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)**
- Shower caddy for showers
- Slippers or flip/flops in the house (no bare or sock feet for safety)

TRANSITIONAL LIVING CENTER & HOUSES/TOWNHOME/APARTMENTS

Attire

- Jeans/shorts/pants (jeans/pant ok; Shorts cannot be worn at the transitional living center; pants/jeans must be worn at the hips and cannot be more than 2 sizes too big, cannot be ripped or torn)
- Casual shirts (*long & short sleeve, such as t-shirts, etc.*)
- Work-out clothes/sweats – yoga and fitness attire
- Pajama bottoms/sleep pants
- 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)
- Hiking boots/cowboy boots
- Mud/rain boots
- Gloves, warm jacket, beanie knit cap (winter)
- Baseball cap or brimmed hat (summer)
- 1 business casual set (pants/dress shirt/belt/tie) for job interviews

Required Supplies

- Alarm clock (can have iPod player/charger built-in)
- Watch (nothing expensive or fancy)
- Backpack for school
- Small duffel/gym bag for fitness gear
- Hangers (*1 dozen plastic*)
- Toiletries - 1 full size each (i.e., shampoo/conditioner/styling products)
- Electric or **battery-operated razor** only **NO BLADES**
- Shower caddy for showers
- Slippers or flip-flops must be worn in the house (no bare or sock feet only for safety)

Horsemanship/Equine Therapy Attire – ALL clients will participate in the Horsemanship Program/ Equine Therapeutic Activities and if not prepared there will be a \$200 charge for the items below.

- Hiking Boots or cowboy boots – must have closed-toe shoes (sneakers are not ok)
- Long sleeved shirts
- Jeans/long pants (no sweats)

Optional / Allowable Supplies

- **iPod/Music player/Stereo (Small table- top player/charger with earphones; iPod Nano or Classic/MP3 Player, music options only – cannot have SIM card, WiFi or phone capability)**
- Laptop computer (for school/classwork) with WiFi access (Usually not needed until Phase II or III)
- WiFi hotspot – allowed by request only
- Extra set of sheets/towels/blanket/mattress pad (*Benchmark supplies 1 new set of sheets/ pillow/towels/comforter*)

- Photos from home - in frames for top of dresser or bed side table/pin-up photos on bulletin board
- Cell Phone/iTouch/iPhone/Kindle/Nook/iPad/Tablet (*allowed after completion of Phase I at Transitional Living program, with approval only*)
- Cigarettes allowed upon move-in, 2 cartons upon admit date, client will be allowed to purchase them with student allowance incidental account via True Link debit card, **only if client is 21+ Years of age per to CA nicotine and smoking laws**
- E-Cigarettes are allowed ONLY for clients over 21 years of age; ok to bring 1 week's supply of e-cig liquid
- **Vape is allowed for clients under 21 years of age, no nicotine products per CA law**
- Bicycle & helmet – Transitional Living
- Skateboard & helmet – Transitional Living

Prohibited Items

- Nothing allowed with sharp point or edges (no sharps/ 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 cannabis or synthetic cannabis or opiate 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**
- **No access to any payable apps – remove access to UBER, LYFT, Postmates, GrubHub, 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
- Posters, wall art
- Furniture, lamps, etc.