



Packing List

While in treatment we will provide the following: shampoo, conditioner, lotion, lip balm, body wash, deodorant, dental floss, toothbrush, fingernail clippers, mouth wash, toothpaste, razors and shaving cream.

Please plan to bring:

- Clothing, appropriate to the seasonal weather
- Tee-Shirts, shorts and athletic shoes for working out/physical activity
- Swimming suit/shorts (we may access off-site swimming year round) sweat ceremony
- Socks
- Underwear
- Appropriate night time sleepwear
- Slippers
- Jacket
- Shoes (more than 1 pair recommended)
- Colder seasons (warm coat, gloves, boots) Healing Lodge will provide a winter hat.
- Plain belt (if needed)

Note: Any shade of Red and Blue may not be worn anywhere on one's person except undergarments.

Items Not Allowed:

- No personal hygiene products
- Electronic devices
- Cassette tapes, CD's, DVD's
- Make-up, nail polish and nail polish remover
- Food, gum, candy, beverages, etc.
- Metal cans, ropes, sharp objects like needles, tacks, pins, staples, etc.
- Ink pens, glue, toxic marker pens, calligraphy pens, bottled ink.
- Condoms
- Baseball caps/hats
- Magazines (books on approval only)
- Razor blades, disposable blades
- Personal blankets, pillows and/or stuffed animals, etc.
- No jewelry (watches, necklaces, chains, rings, bracelet)
- If you have tongue/nose/ear piercing, please bring only what you are wearing.
- Multiple belts
- We discourage bringing any item that is significant in value (ex: clothing, jackets, shoes)

Contraband List- Items not allowed at any time:

- Illicit (non-prescription) drugs or alcohol
- Tobacco Products, matches, lighters, or smoking paraphernalia
- Weapons of any time (determined by Healing Lodge Staff)