

What to bring to Stepworks

- Copies of your insurance cards
- 7 changes of clothing — don't forget underwear, socks, bras, etc.
- 2 sets of workout clothing for exercise
- Tennis shoes
- Jacket/ sweater
- Pajamas, house shoes
- Liquid laundry detergent/ fabric softener
- No more than \$50.00 in cash/ coins (One-dollar bills work best! Include 1-2 rolls of quarters for laundry.)
- Personal toiletries, including shampoo, soap, deodorant, toothpaste, toothbrush, comb and brush, feminine hygiene products, etc.

What *not* to bring to Stepworks

- Cell phones or any electronic devices (tablets, e-readers, laptop computers)
- CDs , DVDs or TVs
- Cameras
- Stuffed animals
- Urns
- Weapons (knives, guns, or sharps of any kind)
- Controlled substances, illegal substances, and alcohol
- Pornographic material or any sexually explicit materials
- Medications which you are not currently taking
- Containers with unidentified substances
- Alcohol or any items containing increased amounts of alcohol (mouthwash/toothpaste)
- Opened cigarette packs or tobacco logs and dip (on admission only)
- Electronic cigarettes
- Drug paraphernalia
- Garments containing inappropriate content (drugs, alcohol, bars, taverns, offensive/satanic imagery or language)
- Revealing clothing (shirts that expose midriff, low-cut tops, tube tops, spaghetti straps, form-fitting attire, shorts any shorter than mid-thigh)
- Bandanas
- Outside food or drink of any kind (including chewing gum)
- Battery-powered toothbrushes
- Nail polish remover
- Nail polish
- Hair dyes
- Chemical hair straighteners
- Aerosol products (including deodorant and hairspray)
- Perfume/cologne
- Hand sanitizer
- Work or employment materials
- Condoms or birth control devices
- Permanent markers (Sharpies)
- Ace bandages
- Flashlights