

What to Bring to M. K. Place

Program participants should have enough clothing to last at least one week. Laundry is done once a week on assigned laundry days.

***Please note that all personal belongings will be searched, and clothing/bedding will be washed as part of the intake process*

Essentials: a week's worth of clothing that is appropriate for the season/weather

- 7-10 pairs of socks
- 7-10 pairs of undergarments
- 7-10 shirts/t-shirts/sweatshirts
- 5-7 pairs of pants/sweatpants/ shorts
- Shoes appropriate to wear for recreation and outdoor activities
- House slippers or slides to wear inside
- Jacket
- Appropriate pajamas and gym clothes (t-shirt, shorts, sweats, gym shoes)
- Swimsuit (no bikinis or speedos- if this is all you own, a dark colored t-shirt to wear over top)
- **Prescription medications (if applicable)**

Suggested Items:

- Seasonal cold weather outdoor clothing such as hat, gloves, coat, warm socks, thermal layers, appropriate shoes/boots
- Toiletries (body wash, tooth brush and paste, shampoo/conditioner, make up, lotion, brush/comb)
- May bring their own pillow and blanket.
- Snacks for lock up box if desired (chips, jerky, trail mix, candy, etc.). *Healthy snacks will be provided daily but residents may have their own if they choose.*

Below are items that you should not bring:

- Dangerous and/or illegal items (e.g. potential weapons, drugs, and drug paraphernalia)
- Clothing with alcohol, drugs, nudity/sexual references, gang related items
- Anything that you are unwilling to have washed
- Cigarettes, tobacco or nicotine products, vapes, e-cigarettes
- Matches, or lighters
- Aerosol or any items containing alcohol
- Gum and energy drinks
- Any of the clothing items listed as prohibited in the client handbook.
- **Medications that are not prescribed to the client or that you do not have a current prescription** for including over-the-counter medications, vitamins, or supplements.

Personal Property and Money:

Program participants **do not need to bring money**. Participants bring personal items at their own risk; expensive items should be left at home to avoid the possibility of damage or loss. M. K. Place is not responsible for the participant's personal belongings.