



HEALTH
INTENTION
SPIRITUALITY
PRUDENCE
ACCURATE THOUGHT
LOVE
SELF-EFFICACY



WHAT TO BRING WITH YOU

Bring These Items With You:

Photo Identification
Insurance Card/Pharmacy Card
Social Security Card
Emergency Contact Information and Telephone Numbers
Cellular Phone
Personal Toiletries
Hair Dryer
Personal Entertainment Devices with Headphones (e.g. Ipod, CD Player, DVD Player)
Workout Clothing
Casual Clothing
Work Clothing
Beach Clothing, Beach Towel
Sunscreen
Laundry Detergent
Clothes Hangers (10 are provided)
Books

Available in the Immediate Vicinity:

Grocery Store
Mini-Market
Restaurants

These Items Will Be Supplied to You and Already In Your Room:

2 – Bath Towels
2 – Hand Towels
Bed Linens
Pillow
Allergy Relief Mattress and Pillow Protector
Kitchenware and Utensils
Basic Cleaning Supplies
Vacuum
Iron and Ironing Board
Alarm Clock
Personal Safe