

# Military Packing List for Operation Success

## WHAT TO BRING

<b>Identification</b>	<ul style="list-style-type: none"> <li>• Driver's License or ID</li> <li>• Insurance Card</li> <li>• Medical Papers (appointments, test results, TB test)</li> </ul>
<b>Personal Items</b>	<ul style="list-style-type: none"> <li>• <b>If you take medications, you must bring full prescriptions in original containers. Any over-the-counter medication, vitamins, and supplements must be in unopened and sealed containers.</b></li> <li>• Phone cards or quarters for the pay phone (cell phones will be kept in our safe while you are in treatment)</li> <li>• Alarm clock (without radio)</li> <li>• Comb/Brush</li> <li>• Toothbrush/Toothpaste</li> <li>• Deodorant/Soap/Lotion</li> <li>• Shaving needs (razors/shaving cream)</li> <li>• If you smoke, bring cigarettes</li> <li>• Personal food items</li> <li>• Hair care products (shampoo/conditioner/hair spray)</li> </ul>
<b>Basic Wardrobe</b>	<ul style="list-style-type: none"> <li>• Comfortable everyday pants and shirts</li> <li>• Sweater/Jacket/Coat</li> <li>• Underwear and Socks</li> <li>• Sleepwear (pajamas, sweats, etc.)</li> <li>• Robe/Slippers/Shower Shoes</li> <li>• Comfortable shoes (flats/tennis shoes)</li> <li>• Sweats or exercise clothes</li> <li>• No clothing with references to drugs or alcohol</li> </ul>
<b>DO NOT BRING</b>	<ul style="list-style-type: none"> <li>• Electronics (iPods, Laptops, Radios, TVs, cameras, etc.)</li> <li>• Expensive Jewelry or other valuables</li> <li>• Knives, weapons, or any sharp objects</li> <li>• Mouthwash with alcohol</li> <li>• Excessive cash</li> <li>• <b>Laundry detergent (provided for you)</b></li> <li>• Anything highly caffeinated (including coffee, tea, energy drinks, Rock Stars, Red Bull, etc); regular soda is OK</li> </ul>

*\*Please bring any of the above mentioned items you feel you may need while in treatment. You will not have the opportunity to purchase them while you are at New Bridge Foundation.*