Bridge House Packing List

When you arrive, you will be provided a welcome pack that includes:

- ☐ Bedding
- ☐ Towels and Washcloths
- ☐ Laundry Basket
- ☐ Clothes Hangers
- ☐ Water Bottle
- ☐ Toiletries (including toothpaste, deodorant, body wash, shampoo, and conditioner)*
- ☐ Cordless alarm clock
- ☐ An MP3 player

*Bridge House will provide electric razors to residents wishing to shave. Please do not bring any personal razors, as you will not be able to use them.

We encourage you to bring:

- ☐ A change of clothes for 7 days
- ☐ Pajamas
- ☐ Athletic wear for the gym (residents have the option to go 5 days out of the week)
- ☐ A light jacket or sweater
- ☐ Comfortable house shoes and/or slippers
- ☐ Athletic shoes
- ☐ Hiking shoes
- ☐ A day pack (small backpack)
- ☐ Books
- ☐ A swimsuit, recommended year round*
- ☐ *During winter months:* heavy coat, gloves, hat, boots

*Swimsuits need to comply with the Bridge House dress code: for females, we ask that you bring a one-piece swimsuit that has straps. For males, we ask that you bring swim shorts with tie strings.

We ask that you *not* bring any of the following items:

- iPods or other MP3 players, cell phones, computers
- iPads or other tablets, Kindles or other e-readers
- Bluetooth headphones, speakers, earbuds (including AirPods), or any other electronic devices.*
- Vape cigarettes, E-cigarettes
- Weapons of any kind
- DVDs, video games, etc.
- Anything of significant monetary or personal value such as jewelry, heirlooms, etc.
- Clothing with any drug / alcohol or suggestive references
- We ask that what you wear covers the chest, torso, and lower extremities from armpit to armpit and down to the length of your fingertips. All tops must have shoulder straps. Clothing must cover undergarments and may not be see-through.

*A Bridge House computer and music player will be available for your use while enrolled at Bridge House.

Note: Excessive clothing and other belongings that are not recommended or needed will be shipped back home to prevent potential increased anxiety and depression symptoms that may accompany clutter.