



RISE Personal Belongings Checklist

Personal property brought into RISE shall not exceed the limits listed below.

(RISE is not responsible for any personal belongings. Personal belongings are brought to RISE at your own risk)

What to Bring

- ✓ Photo ID and Insurance Card(s)
- ✓ Discharge papers/Medical summary from Treatment
- ✓ All current medications (lock boxes)

Clothing

- 15-20 shirts (including t-shirts, collared shirts, and dress shirts)
- 8-10 pairs of pants/shorts
- 15-20 pairs of socks
- 12-15 pairs of underwear
- 3-5 sets of sleepwear
- 2 pairs of shoes, 2 sandals (summer), work boots, boots (winter)
- 2 jackets (per season)
- 3-5 sweatshirts

Bedding (Sheets, a pillow and a blanket are provided)

No additional bedding is allowed (including mattresses, mattress pads, blankets, pillows, etc.)

2-3 Towels (towels are provided but you may bring additional)

Personal Hygiene Products

- 1 hair dryer, 1 curling iron, 1 flat iron/straightener, limited makeup with storage container
- Disposable OR electric razor and shaving cream*
- Deodorant, Toothbrush & toothpaste*
- Shampoo, conditioner and body wash*
- Non-aerosol, non-alcohol hair spray*
- Groceries if needed*

* All packaged products must be newly purchased & unopened

What NOT to bring/Prohibited items

- Alcohol, illegal substances or drug paraphernalia
- Any product which has alcohol listed as a first, second or third ingredient
- K2, Kratom, Blue Chill or other mind-altering substances
- Pornography or sexually suggestive material
- Provocative clothing such as short shorts, mini-skirts, see-through material or low-cut tops
- Any items promoting the use of drugs/alcohol, profanity, gambling etc.
- Any weapons (Knives, guns, swords, etc.)
- No TV's, space heaters, refrigerators, electric blankets, etc.
- No large personal computers

Allowed Items

- Fans in the summer for circulation
- Gaming stations (must be kept in common areas only. Not allowed in bedrooms)
- Laptops

**RISE is not responsible for personal belongings. Lockers are provided to keep personal belongings safe.