WHAT TO BRING

• Casual clothes (shorts, jeans, t-shirts, sweats)
• Gym clothes, sneakers or running shoes (You’ll have the opportunity to use the gym, participate in yoga, martial arts, one-on-one training, walking trails, etc)
• We suggest you bring six days of clothing changes
• Tennis shoes, shower flip-flops
• Personal hygiene items (shampoo, soap, razors, etc)
  * Only clear bottled shampoo, No mouthwash with alcohol
• You may bring your own pillow if you’d like
• Seasonal clothes (For the months of September-April ensure you bring winter clothes and for the months of May-October bring warm weather attire)
  * Michigan weather is unpredictable, please bring a jacket year round
• You must bring your driver’s license or state ID, social security card and insurance card
• Michigan weather is unpredictable, please bring a jacket year round
• You may bring your own pillow if you’d like
• You must bring your driver’s license or state ID, social security card and insurance card
  * No aerosol cans are permitted
• There is a limit of two suitcases per person

WHAT NOT TO BRING

• Game consoles
• Dangerous tools
• Electric razors
• Mouthwash containing alcohol
• Aspirin, Tylenol, etc
• Over the counter drugs (Unless medically prescribed with a doctor’s note)
• Stuffed animals or real live pets
• Pornographic materials or items
  * Packages are not allowed to be sent to the center

PACKING LIST