**PERSONAL BELONGINGS**

You are responsible for all of your personal belongings. Willow Springs Center will not accept responsibility for any lost or damaged items. We also strongly suggest that you don't bring expensive clothing, jewelry, electronic items to Willow Springs Center. You are only here a short time and don’t need all of your personal items. It is highly recommended that ALL your clothes are marked with your initials.

**Clothing and Personal Items Check List – Updated 1/2016**

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Maximum Quantity</th>
<th>Quantity Brought</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clothing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ Underwear / Briefs</td>
<td>12 prs.</td>
<td></td>
</tr>
<tr>
<td>♦ Bras (No underwire)</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>♦ Socks</td>
<td>12 prs.</td>
<td></td>
</tr>
<tr>
<td>♦ Pants (see attached information) no strings</td>
<td>7 prs.</td>
<td></td>
</tr>
<tr>
<td>♦ Shorts (see attached information) no strings</td>
<td>3 prs.</td>
<td></td>
</tr>
<tr>
<td>♦ T-Shirts / Shirts (see attached information)</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>♦ Sweatshirts / Sweaters - no strings (see attached information)</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>♦ Pajamas (see attached information) no strings</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>♦ Bathrobe – no belts or unattached ties</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>♦ Footwear that doesn't need shoe laces (see attached information)</td>
<td>2 prs.</td>
<td></td>
</tr>
<tr>
<td>♦ Jacket – no strings &amp; seasonally appropriate</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Personal Hygiene Items</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ No Jewelry of any kind is allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ Toothbrush</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>♦ Toothpaste</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>♦ Deodorant</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>♦ Brush / Comb</td>
<td>1 ea</td>
<td></td>
</tr>
<tr>
<td>♦ Makeup (see attached information)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ Shampoo / Conditioner</td>
<td>1 ea</td>
<td></td>
</tr>
<tr>
<td>♦ Rechargeable Electric Shaver</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ Stuffed Animals (no extremely large)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>♦ Books/Magazines (see attached information)</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>♦ Colored Pencils (7) / Crayons (Pack)</td>
<td>7 / 1 pck</td>
<td></td>
</tr>
<tr>
<td>♦ Bedding (see attached information)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ Seasonal (hat, gloves, etc)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CLOTHING INFORMATION

Pants
♦ Pants must stay up without a belt or strings – no oversized clothes. No leggings or yoga pants. No spandex or stretch-y pants.

Shorts
♦ Shorts must be mid-thigh in length, no short shorts or cutoffs.
♦ Shorts must stay up without a belt and have no strings – no oversized clothes.

T-Shirts/Shirts
♦ No logos/decals that are suggestive of drug/alcohol use, sex, violence, skulls, gangs, cults or religious beliefs or professional sports teams.
♦ No logos for musicians/music groups.
♦ No shirts that have been written on or drawn on.

Sweatshirts/Sweaters
♦ Same as T-Shirts/Shirts.
♦ No strings.

Pajamas
♦ Separate sleepwear (not to be worn as regular clothes).
♦ Pajama tops and bottoms are required.
♦ Robes must not have belts or strings.

Footwear
♦ 2 pairs of slip on shoes like Vans or Uggs. No Boots please.
♦ A pair of slippers.
♦ No heels, velcro fastened shoes or platform shoes.

Personal Items
♦ No Jewelry is allowed of any kind. This includes rings, earrings, bracelets, piercings, watches, etc.
♦ Personal hygiene items - shampoo and conditioner, toothpaste, toothbrushes and deodorant.
♦ Hair care items – brush and comb, gel and non-metal barrettes/scrunchies.
♦ You cannot have items stored in glass bottles.
♦ If you shave (face, underarms/legs) you can have an electric rechargeable shaver.

Make-Up
♦ Only girls are allowed to wear make-up.
♦ You can bring in up to 6 pieces – 1 each of the following: Eyeliner, Mascara, Blush, Eyeshadow, Foundation and Lip Gloss. No brushes with metal and no mirrors allowed. No powdered or mineral foundation allowed. No glass containers allowed.
♦ Only those patients that are Lotus, Mastery, Alps, and Himalayas are allowed to wear make-up.

Miscellaneous Items
♦ You may have up to a total of 5 books or magazines (see information following regarding content), coloring pencils/crayons. No MP3/iPods are allowed. Additionally if you wish, you can have your own bedding (regular pillow and bedspread). No Body Pillows.
Items Not Permitted At Willow Springs Center

Sharps
- Razors/razor blades
- Knives/switchblade
- Guns/weapons
- Binders, spiral bound notebooks
- Rulers
- Protractors
- Pencil sharpeners
- Pens or pencils with erasers/metal clips
- Glass containers
- Picture frames with glass
- Tweezers
- Nail files/nail clippers
- Knitting/crochet needles/crochet hooks
- Sewing needles/pins
- Thumb tacks
- Silk floral items with wire

Electrical Items
- Curling/crimping/straightening iron/hair dryer
- Computer
- Cell phone/two way radios
- Radios
- Portable stereo or TV
- Game boy/electronic toys
- Battery-operated toys or Batteries
- Tape recorder/recording device
- Iron

Clothing
- No jewelry of any kind. This includes earrings, rings, bracelets, piercings, watches, etc.
- Spandex, yoga or stretchy pants
- Headbands, wristbands or sweatbands
- Bandanas
- Net shirts, “muscle shirts”, tank tops, undershirts, sleeveless shirts, halter tops
- Belts of any kind
- Low-cut shirts/revealing or see-through clothing
- SHOELACES OF ANY SORT
- Any clothing that references drug/alcohol use, sex, skulls, violence, gangs, cults or religious groups, anarchy/ neo-Nazi groups.
- Any clothing that references musical groups/musicians or professional sports teams
- Mirrors
- Facial astringents that contain alcohol
- Perfume/cologne
- Talcum powder/baby powder
- Nail polish/nail polish remover
- Aerosol spray
- Hair scissors/hair clippers
- “Rat tail” combs
- Colored hair gel, dye or spray
- Pumice stones
- Mouthwash
- Q-tips
- Hair removal products/shaving creams
- Self-tanning products
- Over-the counter medicines
- Hair paste (only on approval for special needs)
- Flammable items
- Hair ribbons
- Ponytail bands with metal
- Barrettes with metal
- Rubber bands

Miscellaneous Items
- Musical instruments (including guitars)
- Skateboards/outdoor sporting equipment
- Cigarettes, chewing tobacco, etc.
- Matches/lighters
- Drugs/drug paraphernalia/alcohol
- Clothes hangers
- Marbles/yo-yo’s
- Balloons
- Art supplies (paint sets, bead sets, clay, play dough, silly putty)
- Books/magazines with themes of violence, horror, sex, cults, anarchy/neo-Nazi, anime, etc.
- Temporary tattoos
- Magnets
- Any food items