



MNTC Client packing list - Women

To provide a safe and comfortable environment for all clients, Minnesota Adult and Teen Challenge requires that clients limit their personal belongings to the items listed below. Staff will search each client's belongings at intake. Items not matching the list below will be sent home or stored on site for up to 30 days, if you have questions please contact our admissions team.

How to pack for MNTC

Please pack all belongings in 33 gallon plastic disposable bags that can be tied. Suitcases and duffle bags are not permitted. Make up and toiletries must be packed in a clear quart size bag.

How much to pack for MNTC

While at MNTC please stay in compliance with the list below, if additional items are brought for resident use, other items must be sent home in order to stay in compliance.

What to pack for MNTC

In order to protect MNTC against unwanted pests, we place all fabric items (including leather and other delicate items) in the dryer at intake. **DO not bring any fabric items that may be damaged by heat from the dryer, MNTC will not be responsible for any items damaged in dryers.**

Clothing

- 4 pairs of jeans
- 4 sweatshirts/pullovers/long sleeve shirts
- 3 pairs of yoga pants/ sweatpants/ work out
- 2 pairs of pajamas
- 10 pairs of socks
- 10 pairs of underwear
- 3 undershirts
- 2 regular bras and 2 sports bras
- 2 dresses /skirts
- 4 t-shirts
- 2 pairs of tennis shoes
- 1 pair of shower shoes
- 1 pair slippers
- 1 pair of flat black choir shoes

Weather specific items

- 1 one piece swimsuit
- 1 pair of sandals
- 1 pair of sun glasses
- 1 winter jacket
- 1 spring jacket
- 1 pair of winter boots
- 1 winter hat – 1 pair of gloves
- 1 scarf



Hygiene items

- Shampoo and conditioner (1 bottle each)
- 1 bottle body wash or 1 bar of soap
- 3 hair care products (no aerosol or alcohol)
- Comb/ hairbrush
- 1 bottle lotion
- Make up (not to exceed 1 qt size zip lock bag)
- Curling iron, flat iron, hair dryer
- 1 box of tampons
- 1 box pads
- Toothbrush and toothpaste
- Alcohol free mouth wash /floss
- 1 pack of razors
- 1 can of shaving cream (cannot be aerosol)
- 1 tube of deodorant
- Contact solution/ contact lenses
- 1 bottle of face wash

*Personal care items need to be limited due to space. Some items may be sent home based on excessive quantity. All hygiene products must be packed in clear bags

Personal items

- 2 leisure books (Short Term only and must be labeled with name)
- 1 purse or backpack
- 1 CD player/radio/alarm clock(must be new and still in box)
- 1-2 notebooks
- Pen/highlighter/pencils
- Personal Fan (must be new in box)
- Clear Water bottle
- 5 accessory items (jewelry, hair pieces, scarves etc.)
- Personal photos (no frames)
- Cash (This is kept in client account)
- Credit/debit/EBT card (this kept in safe)
- Insurance card
- ID

What MNTC provides

- Towels and washcloths (if homeless or coming from prison)
- Laundry detergent and dryer sheets
- Hangers
- Sheets/bedding
- Iron and ironing board
- Kleenex
- Cleaning supplies
- Toilet paper
- Hand soap
- Games and movies
- Telephones



What not to pack for MNTC

- No suitcases, duffel bags or cosmetic bags
- Clothing that may be damaged in a dryers
- No picture frames or bulletin boards
- No wall décor
- No wicker items
- No wooden items
- No Computer or electronics
- No Cell phones
- No smart watches
- No Aerosol cans (dry shampoo, hairspray, body spray, etc.)
- No Fragrance sprays (perfume and cologne)
- No activity trackers
- No heating pads
- No extension cords or power strips
- No pants with writing on the backside
- No heels higher than 2 inches

Prohibited items

- Weapons
- Candles
- Lighters
- Illegal drugs or alcohol; including products containing alcohol
- Personal DVD's
- No essential oils or powders
- Expensive jewelry, accessories, or clothing
- Secular music
- Tobacco
- Diet pills
- Clothing with skulls or vulgar language
- Cameras

Snack List

None Perishable Food Items That Can Fit Into a Shoe Box Size, Such As:

- Popcorn
- Shelled Nuts
- Granola Bars
- Hard candy
- Pop (6 cans max, must be able to fit in the same box as other snacks)- Caffeine Free

Medication/ supplements

- Pack all prescriptions in a clear plastic bag. Prescriptions must have original label and current date. Must bring 30 day supply or Rx. Staff will count and secure all medication at intake.

All over the counter supplements must be unopened



Prohibited Medication

The following medications are PROHIBITED at Minnesota Adult and Teen Challenge due to their interference with the recovery process.

Examples of prohibited medications include, but are not limited to, the following:

- Medical Marijuana
- All medications used for the treatment of Alcohol or Opiate dependence and/or withdrawal 1
- All Barbiturates
- All Medications used Specifically for Weight Loss
- All Benzodiazepines
- All Medications for Smoking Cessation 2
- All Muscle Relaxants
- All Stimulant Medications 3
- All Performance Enhancing Steroids/Supplements or Herbal Supplements
- All Narcotic pain relievers and pain relievers with potential for dependence & abuse
- All Sleep Aids 4

Please note that Minnesota Adult and Teen Challenge has an Approved list of OTC Medications

That Clients may Purchase on their Own

PROHIBITED MEDICATIONS THAT GET PRESCRIBED TO CLIENTS MAY BE DESTROYED BY MNTC

¹ Suboxone (Taper prescribed prior to admission, lasting no longer than 90 days) or Naltrexone/Vivitrol will be considered for limited use, on a case by case basis, under the direct supervision of a Licensed Prescriber

² Clients are allowed up to a 10 week taper of Nicotine Patches. Chantix will be considered on a case by case basis, following a mental health assessment, and under the direct supervision of a Licensed Prescriber

³ Only Strattera & Intuniv are allowed for treatment of ADD/ADHD

⁴ Only Melatonin is allowed as a specific sleep aid, however clients with psychiatric diagnosis may use Mental Health medications that also treat sleep disturbances
