

## FEMALE CANDIDATE PACKING LIST

Report on March 27, 2018 wearing a gray sweatshirt, gray sweat pants, a gray or white t-shirt, white calf length socks and black running shoes.

Jewelry is not authorized for wear while at ChalleNGe. Remove ALL body piercings, earrings and jewelry prior to arrival. Only an inexpensive watch is authorized for wear.

Do NOT bring money, credit/debit cards or any type of electronics.

Do not stop taking any prescribed medications. Bring ALL of your medications with you in the original packaging with your prescription label attached. All medications will be turned in to the medical staff during in-processing.

### Bring ONLY the items on the below list

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|--|---|
| Prescription eye glasses with strap (if you wear them)     | 1 Pair of black rubber shower shoes (NO foam padding)     |
| 2 Pair of black running shoes                              | 1 Nail Clipper (no nail file)                             |
| 10 Pairs of solid white briefs/bloomers aka granny panties | 1 Bottle unscented sunscreen                              |
| 4 regular bras and 4 sports bras(black/gray)               | 1 Bottle Gold Bond foot powder                            |
| 12 Pairs calf length solid white crew socks                | 1 Can of black kiwi shoe wax                              |
| 1 white bath towel   | 1 Bottle non-aerosol bug repellent 1 Can/bottle of starch |
| 1 white wash cloth   | 1 Book of stamps and 1 Box of envelopes                   |
| 1 Hygiene or shaving bag                                   | 1 Bottle of shampoo/conditioner                           |
| 2 Toothbrushes with plastic toothbrush holder              | 1 Hair brush/comb and hair grease/gel                     |
| 2 Tubes of toothpaste                                      | 1 Pack of writing paper and black pens                    |
| 2 Bars of soap with a plastic soap dish with cover         | Gel insoles for boots                                     |
| 1 Bottle of feminine body wash                             | 1 Bottle of lotion (unscented)                            |
| 2 Boxes of sanitary napkins                                | 1 small box of baking soda                                |
| 1 Package of dental floss (no dental picks)                | 2 boxes of GAIN (120 Load) powder laundry detergent       |
| 2 Sticks of deodorant                                      | 1 pack hair pins/bobbies pins same color as hair          |
| 1 Can of shaving cream/gel                                 |   |
| 4 Packs of disposable razors                               |   |

### Optional Items

1 Stick of non-flavored lip balm with SPF

Up to 5 personal pictures (no visible tattoos, alcohol, nudity or gang signs)

All items are to be brought to ChalleNGe in a **LARGE BLACK PLASTIC GARBAGE BAG.**

No luggage is authorized!

1/11/18 change 2

