

## FEMALE CANDIDATE PACKING LIST

Report on March 26, 2019 wearing a gray sweatshirt, gray sweat pants, a gray tee 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 color briefs/bloomers aka granny     | 1 Bottle unscented sunscreen                              |
| panties 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 Hygiene or shaving bag                               | 1 Bottle non-aerosol bug repellent 1 Can/bottle of starch |
| 1 Toothbrushes with plastic toothbrush holder          | 1 Book of stamps and 1 Box of envelopes                   |
| 1 Tubes of toothpaste                                  | 1 Bottle of shampoo/conditioner                           |
| 4 Bars of soap with a plastic soap dish with cover     | 1 Hair brush/comb and hair grease/gel                     |
| 1 Bottle of feminine body wash                         | 1 Pack of writing paper and black pens                    |
| 2 Boxes of sanitary napkins                            | Gel insoles for boots                                     |
| 1 Package of dental floss (no dental picks)            | 1 Bottle of lotion (unscented)                            |
| 2 Sticks of deodorant                                  | 1 box of GAIN (120 Load) powder laundry detergent         |
| 2 Seasonal Pajamas                                     | 1 pack hair pins/bobbies pins same color as hair          |



### 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!

2/28/19

