

FEMALE CANDIDATE PACKING LIST

Report on March 29, 2022 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.

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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| 2 Black Facial Masks | 1 Pair of black rubber shower shoes (NO foam padding) |
| Prescription eye glasses with strap (if you wear them) 2 | 1 Nail Clipper (no nail file) |
| Pairs of black running shoes (black sole) | 1 Small bottle unscented sunscreen (SPF 50 or higher) |
| 10 Pairs of solid color briefs/bloomers aka granny panties | 1 Small bottle Gold Bond foot powder |
| 4 regular bras and 4 sports bras(black/gray) | 1 Large can of black kiwi shoe wax |
| 12 Pairs calf length solid WHITE crew socks | 1 Bottle non-aerosol bug repellent |
| 1 Hygiene or shaving bag | 1 Can/bottle of starch (clothing starch) |
| 1 Toothbrush with plastic toothbrush holder | 1 Book of stamps and 1 Box of envelopes (regular size) |
| 2 Tubes of toothpaste | 1 Bottle of shampoo/conditioner |
| 2 Bars of soap with a plastic soap dish with cover | 1 Hair brush/comb and hair grease/gel |
| 2 Boxes of sanitary napkins | 1 Pack of writing paper and black pens |
| 1 Package of dental floss (no dental picks) | 1 Pack of Gel insoles for boots |
| 2 Sticks of deodorant | 1 Small bottle of lotion (unscented) |
| 2 Pairs Seasonal Pajamas | 1 pack hair pins/bobbies pins same color as hair |



Optional Items

- 1 MP3 Player with headphones
- 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!

1/31/22