



Sundown M Ranch Youth Packing Guide



Please bring the following:

1. 7-10 days worth of comfortable wash and wear **season appropriate** clothing (please do not bring delicate clothing that will not hold up to standard washing and drying machines). Central Washington is a four season region with hot summers, cold winters and mild spring and fall. Laundry service is provided once a week.
2. Workout clothing and gym/athletic shoes. Physical Education is conducted daily.
3. If you choose to wear sandals, flip flops or any opened toed shoes, please bring socks to wear with them. Health code requires socks on any opened toed shoes.
4. Toiletries (personal care items—toothbrush, shampoo, soap, deodorant, make up removal cloths/wipes, lotions and so on—no razors please) that you would normally pack. If you use mouth wash please bring alcohol free mouth wash.
5. **Prescription medications** in their **original** bottles with labels attached (enough medication for the entire stay).
6. Any **medical documentation** requested by Sundown M Ranch.
7. Picture Identification.
8. Insurance/Medical card.
9. Payment.
10. **Enough Spending money for your entire stay** (Youth patients are allowed to have spending money placed on account for vending machines and the book store). Sundown M Ranch does not have an ATM. **We do not cash checks.**
11. **Calling card(s).**
12. Alarm clock or small clock radio.

You may bring the following:

1. If you take over the counter medications and/or supplements/vitamins, please bring new unopened and sealed original containers.
2. Nicotine patches, please bring patches in their original unopened packaging.
3. If possible, please bring school books and assignments for 2 classes only. School is held onsite daily.

Please do not bring:

1. **Tobacco products of any kind**, lighters, matches.
2. Chewing gum, candy or outside food.
3. **Razors**, scissors, hair clippers (disposable razors are provided by Sundown M Ranch).
4. Gang attire, bandanas, tank tops, or revealing clothing.
5. Cell phones.
6. Laptops, netbooks, iPads, or any type of computers.
7. DVD players.
8. Game Consoles or any type of video games.
9. iPods, CD players or any type of music player.

Arrival time is 8:00 a.m. Youth patients must be accompanied with their parent and/or guardian.

Mailing Address:

PO Box 217
Selah, WA 98942

Shipping Address:

2280 State Route 821
Yakima, WA 98901