

What to bring and what not to bring to BHF

Belongings to pack:

- Seasonal clothing/ enough for 7 days where or when possible
- Personal hygiene products (non-aerosol, non-alcohol based)
- Towels/face clothes, if possible
- Valid/current prescriptions
- Cigarettes (enough to last 30 days)
- Personal identification
- Closed toed shoes/runners
- Clean bedding/pillow (optional)

Belongings to leave behind:

- OTC drugs (Tylenol, Advil etc.)
- Expired prescriptions
- Aerosols
- Weapons, valuables, contraband, illicit drugs
- Recording devices (cameras, cell phones, tape recorders etc.)
- House hold items such as furniture, excessive amounts of clothing or items intended for storage