



## **Windmoor Military Unit Packing List**

- CAC/ID Card
- 7 days of comfortable clothes (no drawstrings or bras with underwire)
- Workout clothes (no drawstrings)
- Light Jacket/sweater (no drawstrings)
- Sleepwear (no drawstrings)
- Work out shoes (can have strings but will be secured when not doing PT)
- Comfortable slip on shoes with backs (no slides)
- Shower shoes (can be backless slides but no flip-flops that go between the toes)
- Toiletries (nothing with alcohol in the first 3 ingredients)
- Deodorant
- Tobacco Users: 1 month of sealed tobacco products
- Cell phone and charger (will be locked on the unit when not authorized to use)
- Active prescribed and over-the-counter medication and/or CPAP machine (if used)
- Written list of phone numbers/email addresses/ mailing addresses member may want during their stay
- Printed (unframed) family pictures (if desired)

Please contact the Military Program Director at 727-541-2646 x1189 or Military Liaison at x1143 for questions