

Kentucky Youth Challenge Packing List

Revised September 18, 2017

<p>Kentucky Youth Challenge packing list. All applicants are to bring the following items:</p> <p>* All necessity items can be supplied by the Academy on intake and throughout the cycle, cadet families can replenish the above items during visitations/mail/home pass. Items received without academy approval will be discarded. *</p> <p>*No Designer Labels on any clothing items on list*</p>	
<p><u>MEDICATION</u></p> <p>Bring a minimum of four (4) weeks of prescription medication. Your Doctor must write monthly prescriptions for these medications while your Cadet is here at the Academy. A cadet will not be permitted to leave the program to go to your Doctor unless it is while the whole Academy is on pass unless special circumstances arise, decided upon on a case by case basis. The Academy will not accept over the counter medications or prescription medications that are 90 days or older.</p>	
<p><u>Personal Hygiene Kit: Unisex</u> NON-Alcoholic Products only!</p>	
<p>1 ea. Tooth Brush</p> <p>1 ea. Deodorant</p> <p>1 ea. shaving cream</p> <p>1 pk. Razors</p>	<p>1 ea. Shampoo/Conditioner</p> <p>3 ea. White Face towel/washcloth (SM)</p> <p>1 ea. Finger nail clippers(no file)</p> <p>3 ea. White Bath Towel (LG)</p>
<p>1 ea. Toothpaste</p> <p>2 ea. Bar Soap (No Gel)</p> <p>1 pr. Shower shoes</p> <p>1 pk. Q-Tips</p>	
<p><u>Clothing Items</u></p>	
<p><u>Male</u></p> <p><i>6 ea. White Underwear(Boxer or Briefs)</i></p> <p><i>1 pr. White or Black Cross Country Running Shoes</i></p> <p><i>6 ea. White crew cut cotton socks</i></p> <p><i>6 ea. Long white cotton socks</i></p> <p><i>1ea Swimsuit (Boxer Style Only)</i></p>	<p><u>Female</u></p> <p><i>1 pr. Running Sneakers Cross Country Running Shoes</i></p> <p><i>6 ea. White underwear (no bikinis or thongs)</i></p> <p><i>6 ea. Long white cotton socks</i></p> <p><i>6ea. Crew cotton socks</i></p> <p><i>3 ea. White non-wire sports bra</i></p> <p><i>1 ea. White non-wire regular support bra</i></p> <p><i>1 ea. Hairbrush</i></p> <p><i>2 pkg. Hair Clips (color of natural hair color)</i></p> <p><i>1 pkg. Pony Tail Holders (natural Hair color)</i></p> <p><i>1 ea. Alcohol free hair gel</i></p> <p><i>Feminine Hygiene products</i></p> <p><i>1ea Swimsuit One Piece (No French Cut or Low Chest)</i></p>
<p>Personal Items Authorized</p> <p>5 pictures (4x6 in size)</p> <p><i>Inexpensive Wrist black sports watch (optional)</i></p>	
<p>Appalachian Academy Specific Items</p> <p><i>2 pr. Thermal Underwear</i></p> <p><i>Self-Adhesive Stamps</i></p> <p><i>Lined Paper and Envelopes (letter writing)</i></p>	
<p>Bluegrass Academy Specific Items</p> <p><i>2 pr. Thermal Underwear (seasonal Oct-Mar Class)</i></p>	

Please make all attempts to bring ONLY the approved items, however **Kentucky Youth Challenge** will provide all items to a cadet who cannot provide items regardless of the reasoning.

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