



SHADOW MOUNTAIN RECOVERY ITEMS TO BRING LIST

Northern New Mexico experiences a variety of temperature variances because it is high desert. Summers are very HOT. Winters temperatures are cold and often very snowy. During the Spring and Fall, days are warm and nights are cold, but be prepared for the occasional unexpected snow storm. Having the correct clothing available for the variety of weather will ensure your comfort. Please do not bring more than the recommended amount of items as space is limited and you will be sharing with suitemates.

Required Student Clothing List

*Do NOT bring any ragged, worn, torn, or clothing with images, which includes alcohol or substance slogans, suggestive language or graphics, etc.
No designer clothes or accessories.*

- 10 shirts, long /short sleeve combined.
- 3 collared shirts
- 4 pairs of shoes (1 Each dress, casual, workout and hiking)
- 4 pairs of pants (1 pair dress, 3 pairs of khakis or jeans)
- 3 pairs of shorts, must be to the knees
- 1 swimsuit
- 10 pairs of socks
- Underwear – 10 day supply
- 2 pair of pajamas 1 sleeping clothes and sweat pants
- 2 hats (1 baseball cap, 1 knit cap)
- 3 jackets (1 jacket, 2 sweatshirts)

Months - November – April

Hat, Gloves, Scarf, One pair of long underwear top/bottom, 2-3 Sweaters, One heavy winter jacket, One ski jacket, and one pair of ski pants.

Required Student Toiletries List

- 1 toothbrush and tube of toothpaste and dental floss (NO mouthwash)
- 1 razor and shaving cream
- 1 bottle of shampoo / conditioner
- 2 bars of soap or 2 bottles of shower gel
- 1 bottle of body lotion

Required Student Supplies

- Alarm Clock
- Watch
- Plastic hangers
- Hiking Boots
- Beach Towel

Optional Supplies

- Digital Camera
- Musical Instruments
- Baseball (Softball) Equipment
- Ski or Snowboarding Equipment (November - April only)

Prohibited Items

iTouch or video games of any kind, Drugs or alcohol-related clothing, posters, body piercing or jewelry for piercings, Drugs or alcohol paraphernalia, Weapons of any kind, No music with violent/suggestive/obscene theme or lyrics, Cell phones and laptop computers.