



# 72 Hour Checklist

The first 72 hours after release are the most critical to your success.  
You can use this checklist as you begin your transition.

- Upon release from custody, report to the Parole or Probation office within 24 hours, as ordered by the Court, or as you were previously instructed. If you have questions regarding whether you are under supervision or you don't know where to report, it is your responsibility to contact either Probation or Parole and confirm your supervision status.
  
- Address your food needs at a food pantry or a soup kitchen that serves your area. Expedited CalFresh (Food Stamps) benefits may also be available.
  
- Take care of any immediate medical or mental health needs, such as prescription refills.
  
- Take care of your mental health. Reentering the community can be a stressful time. Reach out for help if you need it.
  
- Contact 211 to be referred for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and Medi-Cal.
  
- Visit the Tips for Successful Reentry on the 211 Tuolumne Reentry Page to find reentry resources and helpful information or search the 211 resource database to find services.
  
- Seek employment opportunities.
  
- Seek support networks to stay on the right path and to remain sober. Visit supportive people like friends, family, and other helpful people, or attend community support meetings, such as AA, NA, or faith-based community meetings.