Printed November 5, 2026

Last checked against official sources: November 3, 2026

Mailing this to someone inside? Print one side only, black ink, plain white paper. No staples or clips. Put their full name and number on the envelope. Some facilities limit pages per envelope: check their mail rules first.

FEDERAL PRISON GUIDE

VISIT PACKET: FMC ROCHESTER

Federal Medical Center · Rochester, MN · Phone 507-287-0674

VISIT CARD · CUT OUT AND KEEP IN THE CAR

WHEN

Saturday, Sunday, Monday and federal ho...

No social visits Tuesday through Friday, except on a federal holiday.[1]

HOURS

8:15 a.m. to 2:30 p.m.

Visitors are normally not let in after 2:00 p.m.[1]

VISITS

16 visiting points a month

They get 16 visiting points a month.[1]

WHO CAN COME

except when the room is crowded: then no more than 5

Immediate family (mother, father, spouse, children, step-parents, foster parents, siblings) is not limited, e...[1]

BRING

16 or older

Everyone 16 or older needs a valid photo ID: driver's license, passport, or a state or other government photo...[1]

CALL FIRST

507-287-0674

Call before you drive, every time.

BEFORE YOU GO: GET ON THE LIST

1. They send the visitor form, **BPS629** as the rules print it (Visitor Information Form), to each family member, friend and associate they want on the list. The visitor sends it **directly back to unit staff**.
2. Immediate family is ordinarily approved right away if the pre-sentence report backs up the relationship. Everyone else must have known them before prison, and mails proof (co-signed leases, utility bills, dated and signed letters). Visitors who are not immediate family get a background check (NCIC) before any visit.
3. The Unit Manager approves or denies each visitor. The Warden must approve any exception to the prior-relationship rule.
4. The list holds a maximum of **20 people**. Changes are case by case with the unit staff, and staff may limit changes to three in six months.
5. Staff tell them yes or no, and **they** tell you. Do not drive until you are approved.
6. Pretrial and holdover inmates get the same visiting as sentenced inmates. If they transfer here from another BOP prison, the approved visitors and list will ordinarily be approved.
7. A visitor with a criminal record needs the Unit Manager's approval. A visitor on probation or parole ordinarily needs written permission from the supervising officer first.[1]

AT THE DOOR

CHILDREN	Children under 16 must come with a responsible adult and are always under that adult's direct supervision. There is a children's play area in the southeast corner. Inmates may not go in it. No food or drink in the play area.[1]
SCREENING	Everyone must clear the **metal detector** before entering. Visitors with metal implants should have papers (a Medical Implant Alert ID card is best) or may get a pat search. Visitors 18 and older can be pat-searched at random. An **ion scanner** tests visitors at random for drugs.[1]
MONEY FOR VENDING MACHINES	A clear plastic 5 by 7 inch coin purse is allowed with **$20.00 per adult visitor** in coins and bills of $5.00 or less. Food and drink may be bought in the visiting room. Inmates may not go near the vending machines. Food and drinks are not shared.[1]
WHAT YOU CAN CARRY	The clear coin purse. A visitor with a small infant may keep a small diaper bag with one small receiving blanket, two jars of unopened baby food, two bottles of infant milk or formula, one small plastic container of baby wipes and three diapers. Visitors who need medicine during the visit seal enough for the visit in an envelope; staff supervise it. Lockers are in the entrance building.[1]
NOT ALLOWED IN	Toys, cards, billfolds, wallets, purses, paperwork, keys (except the locker key), food, gum, mints, candy, drinks, baby carriers, car seats, cradles, lipstick, ChapStick, hairbrushes, combs, lotion, newspapers, magazines, writing instruments, tobacco, matches, lighters, cell phones, pagers and **watches**. No cameras or recording gear.[1]
WHAT NOT TO WEAR	No tight, transparent or spandex clothing. No tank tops, halter tops or sleeveless shirts. No holes in clothing. No wrap-around skirts. No hats or caps. No camouflage. No grey sweatpants, sweatshirts or thermals. **No green, khaki or orange** pants, shirts or skirts. No plunging necklines. No open-toed or open-heeled shoes. Shorts and skirts no higher than the top of the knee. No shirts that hang less than 3 inches below the belt line. No hooded sweatshirts or clothing with hoods. No scarves or gloves. Jackets, coats and sweaters are allowed only October 1 through June 1, and are stored, not worn, in the visiting room. Young children may wear outerwear year-round.[1]
TOUCHING	A brief embrace and kiss when arriving and when leaving only. Staff may end a visit for anything more. The inmate sits directly across from the adult visitors.[1]
WHAT THEY WEAR	Institution-issued khakis with a shirt over any T-shirt. Standard shoes (sneakers with an idle slip). They may wear a plain wedding band and a religious medal on a necklace, and take in a comb, a handkerchief and photo tickets.[1]
WHEN IT GETS CROWDED	Staff first look at how often someone visits and how far they traveled, and end those visits first.[1]
HOSPITAL PATIENTS	Walking patients visit in the main visiting room. Someone who cannot walk is taken in a wheelchair to the Building 10 visiting room. Bedside visits in the Building Nine hospital are arranged by the unit team, usually for two hours and on two days in a row. Children under 16 are allowed only in terminal or special cases with the Warden's approval.[1]

ALL VISITING DAYS AND HOURS

WHERE	DAYS	HOURS
General population	Saturday, Sunday, Monday and federal holidays	8:15 a.m. to 2:30 p.m.
Special housing and others not in regular population	Mondays only. Non-contact visits use video.	Same hours

Visitors are normally not let in after 2:00 p.m. On weekends and holidays visitors are normally not let in between 9:30 a.m. and 10:30 a.m. until the official count has cleared. Visits do not start after 2:00 p.m. unless the inmate is already in the visiting room.[1]

No social visits Tuesday through Friday, except on a federal holiday.

GETTING THERE

From the Twin Cities	Rochester is about 85 miles south of the Twin Cities on Minnesota Highway 52. The medical center is about 2 miles east of downtown Rochester. Take 4th Street SE, pass Olmsted Community Hospital, and the medical center is slightly to your left. Turn left on Center Street and right into the lot marked "Visitor Parking." Handicap parking is in the lot nearest the front entrance. Persons waiting for visitors may not stay in the parking lot.
The address	2110 East Center Street, Rochester, Minnesota 55903 (the BOP feed gives 55904). Phone 507-287-0674.
Transportation (from the rules)	Med City Taxi 507-282-8294, Land to Air Express 507-625-3977, Rochester Shuttle Service 888-998-9098, Groome Transportation 507-280-9270, Jefferson Bus Lines 858-800-8898, Greyhound 800-231-2222, Rochester City Lines 507-288-4353. Airlines: Delta 800-221-1212, Sun Country 651-905-2737, American 800-433-7300.

WHAT TO WEAR TO A VISIT

The BOP beats to its own drum. The front desk has the final say. Keep a spare outfit in the car.

FMC ROCHESTER

Rules dated **July 12, 2023** (3 years old)

Official rules (PDF) (bop.gov/locations/institutions/rch/rch_visit.pdf) En español (PDF) (bop.gov/locations/institutions/rch/rch_visit_sp.pdf)

3 years old. Ask your loved one to check the copy posted in the unit before you drive.

Skirts and dresses	Shorts and skirts not above top of knee standing (0 inches).
Shorts	Shorts must reach the top of the knee when standing.
Colors to avoid	No khaki pants, shirts, or skirts. No green pants, shirts, or skirts. No orange pants, shirts, or skirts. No grey sweatpants, sweatshirts, or thermals.
Leggings, spandex	No spandex clothing. No tight clothing.
Bras and metal	Not in the written rules. Some prisons ban underwire bras anyway, and the penalty can be more than being sent home. Wear a sports bra or a bra with no wire.
Camouflage, military	No camouflage clothing.
Shoes	No open-toed or open-heeled shoes; shoes required. No sandals or slip-ons.
Children	Younger children may wear outerwear year-round.

ALL 30 RULES, IN THE BOP'S OWN WORDS

LENGTH AND FIT

- Shorts and skirts not above top of knee standing (0 inches).
  BOP wording: " Shorts and skirts which are higher than the top of the knee when standing"*
- Shorts must reach the top of the knee when standing.
  BOP wording: " Shorts and skirts which are higher than the top of the knee when standing"*
- No tank tops or sleeveless shirts.
  BOP wording: " Halter tops/sleeveless shirts"*
- No plunging necklines exposing back, cleavage or chest (V-necks, scoop necks).
  BOP wording: " Plunging necklines that expose back, cleavage or chest (i.e., V-necks, scoop necks)"*
- No halter tops.
  BOP wording: " Halter tops/sleeveless shirts"*
- No transparent clothing.
  BOP wording: " Transparent clothing"*
- No tight clothing.
  BOP wording: " Tight clothing"*
- No spandex clothing.
  BOP wording: " Spandex clothing"*

- No holes in clothing.
  BOP wording: " Holes in clothing"*
- No grey sweatpants or sweatshirts.
  BOP wording: " Grey sweatpants, sweatshirts, thermals"*

COLORS AND UNIFORMS

- No khaki pants, shirts, or skirts.
  BOP wording: " Green, khaki, or orange-colored pants, shirts, or skirts"*
- No green pants, shirts, or skirts.
  BOP wording: " Green, khaki, or orange-colored pants, shirts, or skirts"*
- No orange pants, shirts, or skirts.
  BOP wording: " Green, khaki, or orange-colored pants, shirts, or skirts"*
- No grey sweatpants, sweatshirts, or thermals.
  BOP wording: " Grey sweatpants, sweatshirts, thermals"*
- No camouflage clothing.
  BOP wording: " Camouflage clothing"*

BRAS, UNDERWEAR AND METAL

- All visitors must wear undergarments.
  BOP wording: "It is necessary for all visitors to wear undergarments and shoes."
- No watches in the visiting room.
  BOP wording: "Paperwork Watches Food"

SHOES

- No open-toed or open-heeled shoes; shoes required.
  BOP wording: " Opened toed or open heeled shoes, (i.e., sandals or slip-ons for both male & female)."*
- No sandals or slip-ons.
  BOP wording: " Opened toed or open heeled shoes, (i.e., sandals or slip-ons for both male & female)."*

HATS, HOODS AND COATS

- No hats or caps; no scarves.
  BOP wording: " Hats or caps"*
- No hooded sweatshirts, coats, or clothing that conceals head/face.
  BOP wording: " No hooded sweatshirts/coats, clothing with hoods."*
- Coats/jackets/sweaters only Oct 1-June 1; stored during visit.
  BOP wording: "Jackets, coats, or sweaters will only be allowed during the months of October 1 through June 1."
- Hats/scarves with wigs for chemo/hair loss need physician documentation.
  BOP wording: "Hats and/or scarves with wigs utilized for"

CHILDREN

- Younger children may wear outerwear year-round.
  BOP wording: "Younger children will be allowed appropriate outer wear year-round."

EVERYTHING ELSE

- No wording showing gang affiliation or profanity.
  BOP wording: " No attire with questionable wording, (i.e., gang affiliation, profanity, etc.)"*
- No wrap-around skirts.
  BOP wording: " Wrap-around skirts"*
- No shirts hanging less than 3 inches below belt line.
  BOP wording: " No shirts that hang less than 3 inches below the belt line."*
- Apparel must cover body from shoulders to upper knee.
  BOP wording: "adequately cover the areas of their body from shoulder height to upper knee will not be allowed to visit."

IF THEY SAY NO

- Visitors not in proper attire will be denied a visit.
  BOP wording: "Visitors who are not in proper attire will be denied a visit."
- Questionable clothing cleared by IDO or Operations Lieutenant.
  BOP wording: " Any questionable clothing will be cleared through the Institution Duty Officer or the Operations"*

MAIL AND THE MAILING ADDRESS

Your full name
Your street address
City, State ZIP

STAMP

Their committed name, exactly as the BOP Inmate Locator shows it

Reg. No. _____-___

FMC Rochester

P.O. Box 4000

Rochester, MN 55903

The envelope, filled in. Their name and number must match the BOP Inmate Locator exactly.[2]

The visiting rules and the handbook give the inmate mailing address as **PMB 4000, Rochester, Minnesota 55903-4000**. The BOP's facility feed writes it "P.O. Box 4000, Rochester, MN 55903." Use their full committed name and register number. If a letter is returned, ask them which line to use.[2]

> **USE THE P.O. BOX ONLY.** Never mail to the street address.

THE MAIL RULES

ADMINISTRATIVE FACILITY	Rochester is an Administrative facility, so they are **not allowed to seal** outgoing general mail. It goes in the outgoing mailboxes on the units with a TRULINCS label for the address. The return address must be handwritten.[2]
INCOMING MAIL	Incoming mail is opened by the mail room, then goes to the unit, generally after the 4:15 p.m. count.[2]
RETURN ADDRESS	Outgoing mail and packages should carry their full committed name, register number, PMB 4000, Federal Medical Center, Rochester, MN 55903-4000.[2]
LEGAL MAIL	Special Mail (attorneys, courts and others) must be marked as such. The mail room has an open house from 12:00 p.m. to 1:00 p.m. Monday through Friday and accepts outgoing special mail.[2]
MONEY	Never put money in a letter. Money orders and checks go to the BOP lockbox in Des Moines (see the Money tab). Cash is not accepted.[1]

Sources

1. RCH 5267.09c, Visiting Regulations, Institution Supplement (July 12, 2023) bop.gov/locations/institutions/rch/rch_visit.pdf
2. FMC Rochester Admission and Orientation Handbook (July 2021) bop.gov/locations/institutions/rch/rch_ao-handbook.pdf