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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: MCC SAN DIEGO

Metropolitan Correctional Center · San Diego, CA · Phone 619-232-4311

Visiting Suspended (BOP status, checked Nov 3, 2026, 11:30 pm ET). Call the prison before you drive: 619-232-4311.

VISITING

VISITING HOURS AND DAYS

WHO	DAYS	HOURS
Social visits: designated (sentenced) inmates	Friday, Saturday, Sunday and Monday	8:00 a.m. to 7:00 p.m.
Social visits: pretrial and holdover inmates	Friday, Saturday, Sunday and Monday	8:00 a.m. to 7:00 p.m.
Special Housing Unit (SHU): non-contact	Tuesday and Wednesday	8:00 a.m. to 7:00 p.m.
Lawyer visits	Seven days a week	7:30 a.m. to 9:00 p.m.

Processing begins at 7:45 a.m. and ends at 6:15 p.m. Staff ordinarily do not process visitors from 1:30 p.m. to 2:00 p.m. (shift change). Each visit is **one hour**, one visit a day. Visits are scheduled by their unit team, and visitors who are not on the approved list are not let in.

The visiting rules give no social visits on Tuesday and Wednesday except for the Special Housing Unit (non-contact). [1]

The BOP's own papers disagree. San Diego's two papers disagree, and they are four years apart. The visiting rules are dated **August 7, 2026**: social visits Friday to Monday, 8:00 a.m. to 7:00 p.m., up to 3 visitors. The handbook is dated **April 11, 2022**: visits Monday, Thursday and Friday from 4:45 p.m. to 9:00 p.m. and Saturday, Sunday and federal holidays from 8:00 a.m. to 3:30 p.m., with their day set by odd or even register number. The handbook also lets a visitor bring one diaper and one bottle (rules: two diapers and wipes, two premade bottles) and allows dresses and skirts no more than one inch above the knee (rules: three inches). The 2026 rules are newer and more likely to be right, but **call the jail at 619-232-4311 before you drive**.

THE RULES AT THE DOOR: ID, POINTS, WHAT YOU CAN BRING

POINTS	All visiting runs on a point system each month. Pretrial and holdover inmates get **8 points**; designated inmates get **12 points**. A weekday visit costs 1 point. A weekend or holiday visit costs 2 points. When the points are gone, there are no more visits until the new month. Newly admitted people get the full 8 or 12 points for the month they arrive. [1]
HOW MANY PEOPLE	No more than **3 visitors** per visit. An infant or child under 2 who sits on an adult's lap does not count. Each visiting room holds at most 12 people (except on the 4th and 5th floors). [1]
WHO CAN BE ON THE LIST	Pretrial, holdover and sentenced-awaiting-designation inmates: **immediate family only** (legal spouse, children, parents, stepparents, foster parents, brothers, sisters), or one friend. Common-law spouses are **not** counted as immediate family. Designated inmates: **10 visitors in all**, family and friends together, who must have known them before prison. [1]
CHANGING THE LIST	They send a "cop-out" (a written request) to their unit team. Pretrial and holdover inmates can change their list every six months. Designated inmates can change it as needed until the list has 10 names, then every six months. [1]
ID	Everyone **16 or older** needs valid state or government photo ID (driver's license, military ID, passport or state or local ID card). **Mexican consulate matricular cards are not accepted.** Your ID is kept in the Control Center during the visit. A visitor under 18 who is not with a parent, guardian or immediate family member needs written consent on form BP-A0629. [1]
SCREENING	You must clear the walk-through metal detector. Underwire bras, large metal buttons and costume jewelry can set it off. Cell phones, smart watches, smart glasses and any Wi-Fi device are not allowed inside. [1]
WHAT YOU CAN CARRY	Almost nothing. No handbags, packages, food, drinks, tobacco, gum or candy. Allowed in a clear plastic bag no bigger than 12 by 12 inches: baby items (2 diapers and wipes, 2 premade bottles), prescription eyeglasses, and medicine you need to stay alive (an asthma inhaler, for example). **The front lobby does not store anything.** Leave your things somewhere else before you come. [1]
NO BATHROOM DURING THE VISIT	Visitors and inmates cannot use the restroom during a social visit. Anyone who leaves the visiting room is not let back in. Use the restroom in the front lobby before you go in. A lactation room is available for nursing mothers before the visit. [1]
WHAT NOT TO WEAR	No medical scrubs, bathing suits, sweatshirts, sweat pants, jackets, shorts of any kind, see-through or mesh clothing, low-cut blouses, torn clothing, leotards, stretch pants, crop tops, halter tops, tube or tank tops, tight clothing, hats or hoods, scarves, open-toe or open-back shoes (clogs, sandals, flip-flops), sleeveless garments, or solid white or gray t-shirts. **No khaki or green military-type clothing.** Skirts and dresses no more than 3 inches above the knee cap. Children under 5 may wear shorts, sweatpants or sweatshirts. [1]
TOUCHING	A handshake, a brief embrace and a quick kiss at the start and end of the visit. Nothing more. Nothing may be passed between them and a visitor, and papers may not be signed during a social visit. Money cannot be given to them in the visiting room. [1]

FOOD AND DRINK	Visitors may not eat or drink during the visit (except infants). Any inmate seen eating or drinking can be suspected of receiving contraband. [1]
WHAT THEY WEAR	Prison-issued clothing and the issued black shoes only. They may bring in one plain wedding band, one religious neck chain and one pair of eyeglasses. They are pat searched before and visually searched after. [1]

HOW TO GET ON THE VISITING LIST

1. Your loved one fills out a **Visitor Information Form (BP-A0629)** and mails it to you.
2. You complete it and send it back **by mail** to their **counselor** with **a copy of your ID**.
3. The jail runs a National Crime Information Center (NCIC) background check on every pretrial and holdover visitor before approval.
4. The initial list is ordinarily ready within **7 days** of the counselor getting everything. Staff tell **them**, and **they** must tell you. Do not drive until you know you are on the list.
5. Anyone turned down: the warden may deny a visitor for security reasons. Staff tell the inmate, who must tell the visitor.

Fill out the visiting form for San Diego

[1]

DRIVING DIRECTIONS (FROM THE BOP)

BY CAR	MCC San Diego is in downtown San Diego at 808 Union Street, San Diego, CA 92101, across from the Federal Building and Courthouse, at the corner of Union and F Street. It can be reached from Interstate 5, Route 163 and Route 94.
TRAIN AND TROLLEY	The Downtown Station is both an Amtrak station and a Trolley station. Pay phones are not available to visitors, so arrange your pick-up before you go in. The Front Lobby Officer has more directions and numbers for local transportation.

Street address for your GPS: 808 Union Street, San Diego, Ca 92101. [2]

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.

MCC SAN DIEGO

Rules dated **August 7, 2026** (this year)

Official rules (PDF) (bop.gov/locations/institutions/sdc/sdc_visit.pdf) No Spanish version posted

Skirts and dresses	Dresses/skirts no more than 3 inches above the kneecap; no high-cut slits.
Shorts	No shorts of any kind.
Colors to avoid	No khaki military-type clothing. No green military-type clothing. No solid grey t-shirts. No solid white t-shirts.
Leggings, spandex	No leotards or stretch pants. No excessively tight clothing.
Bras and metal	No underwire bras, garter belts, large metal buttons unless medically needed.
Camouflage, military	No khaki or green military-type clothing.
Shoes	No open-toe or open-back shoes; closed toe and back required. No clogs, Crocs-like shoes, sandals or flip-flops.
Children	Children under five may wear shorts, sweatpants or sweatshirts.

ALL 30 RULES, IN THE BOP'S OWN WORDS

LENGTH AND FIT

- Dresses/skirts no more than 3 inches above the kneecap; no high-cut slits.
  BOP wording: "dresses or skirts which are more than three inches above knee cap,"
- No shorts of any kind.
  BOP wording: "shorts of any kind, see-through garments"
- No tank tops or sleeveless garments unless under suit jacket/cardigan.
  BOP wording: "any sleeveless garment that is not layered with a suit jacket or cardigan,"
- No low-cut blouses.
  BOP wording: "low cut blouses, dresses or skirts which"
- No crop tops.
  BOP wording: "stretch pants, crop tops, halter tops,"
- No bare-back clothing, halter tops or tube tops.
  BOP wording: "bare back clothing, low cut blouses,"
- No see-through garments or mesh, including sheer sleeves.
  BOP wording: "see-through garments (including arms unless covered by a suit jacket or cardigan), mesh"
- No excessively tight clothing.
  BOP wording: "excessively tight clothing, hats, open"
- No leotards or stretch pants.
  BOP wording: "leotards, stretch pants, crop tops,"
- No torn or ripped clothing.

BOP wording: "torn/ripped clothing, leotards, stretch pants,"

- No bathing suits.
  BOP wording: "medical scrubs, bathing suits, sweatshirts, sweat pants,"
- No sweatshirts or sweat pants.
  BOP wording: "sweatshirts, sweat pants, jackets (unless worn with suit),"

COLORS AND UNIFORMS

- No khaki military-type clothing.
  BOP wording: "Khaki or green military-type clothing of any kind, including pants, are not permitted."
- No green military-type clothing.
  BOP wording: "Khaki or green military-type clothing of any kind, including pants, are not permitted."
- No solid grey t-shirts.
  BOP wording: "solid white or grey t-shirts."
- No solid white t-shirts.
  BOP wording: "solid white or grey t-shirts."
- No khaki or green military-type clothing.
  BOP wording: "Khaki or green military-type clothing"

BRAS, UNDERWEAR AND METAL

- No underwire bras, garter belts, large metal buttons unless medically needed.
  BOP wording: "These items include underwire bras, garter belts, clothing with costume jewelry, large metal buttons, etc."
- No clothing with costume jewelry.
  BOP wording: "clothing with costume jewelry, large metal buttons,"

SHOES

- No open-toe or open-back shoes; closed toe and back required.
  BOP wording: "open toe or open back shoes (clogs or Crocs-like shoes/sandals/ flipflops),"
- No clogs, Crocs-like shoes, sandals or flip-flops.
  BOP wording: "(clogs or Crocs-like shoes/sandals/ flipflops),"

HATS, HOODS AND COATS

- No hats, caps, hoods or scarves unless medical/religious need.
  BOP wording: "Visitors are not allowed to wear hats or head garments, unless medical or religious reasons dictate, they are necessary."
- Head garments allowed when religious or medical reasons require.
  BOP wording: "unless medical or religious reasons dictate, they are necessary."
- No hoods.
  BOP wording: "caps or hoods, scarves,"
- No jackets unless worn with a suit.
  BOP wording: "jackets (unless worn with suit),"

CHILDREN

- Children under five may wear shorts, sweatpants or sweatshirts.
  BOP wording: "Children less than five years of age are permitted to wear shorts, sweatpants, or sweatshirts."

EVERYTHING ELSE

- Dress must suit a correctional setting or courtroom; legal visitors too.
  BOP wording: "required to dress in a manner appropriate for a correctional setting or courtroom."
- No medical scrubs.
  BOP wording: "Visitors will not be allowed to wear medical scrubs, bathing suits,"
- No bare feet.
  BOP wording: "No bare feet will be allowed."

IF THEY SAY NO

- Questions go to Operations Lieutenant or IDO before denial.
  BOP wording: "Any questions regarding proper attire will be directed to the Operations Lieutenant or IDO before a visitor is denied entrance."

MAIL AND THE MAILING ADDRESS

Use their committed name exactly as the BOP Inmate Locator shows it. The name and number below are examples (JOHN ANTHONY SMITH-JONES, 12345-678).

JOHN ANTHONY SMITH-JONES
Reg. No. 12345-678
MCC San Diego
808 Union Street
San Diego, Ca 92101

Put their full name and register number on the envelope. The address is Metropolitan Correctional Center, 808 Union Street, San Diego, California 92101. Their outgoing letters carry a TRULINCS mailing label (people in the Special Housing Unit and C-Unit are the exception). [2]

Use exactly this address. San Diego has no P.O. Box for inmate mail.

NO POLAROIDS	They cannot receive Polaroid pictures through the mail. [2]
THEIR LETTERS TO YOU	They may not seal general outgoing letters. Every outgoing letter must carry the TRULINCS mailing label or it is returned to them. [2]
LEGAL MAIL	Mail from a lawyer, a court, a government official or law enforcement is "special mail" if the sender is named on the envelope and the front says "Special Mail - Open only in the presence of the inmate." It is opened in front of them. If the sender is not named, it is treated as general mail and opened. [2]
OTHER PRISONS	They may not write to someone at another prison without written permission from their Unit Manager (federal) or the Warden (state and local). [2]
MONEY	Do not put money in a letter. Funds go to the BOP lockbox as a U.S. Postal money order (see the Money tab). [2]
STAMPS	Stamps are sold in the commissary. Indigent inmates can get stamps through their unit counselor. [2]

Books and magazines: at a administrative security prison, books and magazines must come straight from a publisher, book club or bookstore (Amazon, for example), never from home.

Sources

1. SDC 5267.09D, Visiting Regulations (August 7, 2026) bop.gov/locations/institutions/sdc/sdc_visit.pdf
2. MCC San Diego Admission and Orientation Handbook (updated April 11, 2022) bop.gov/locations/institutions/sdc/sdc_ao-handbook.pdf