



## **What to Bring/ What not to bring**

**For admission you must bring state I.D. (birth certificate & social security card if you need to get an I.D.) . Recent medical records. If you are an expectant mom you must bring documentation from your most recent appointment.**

***For the safety of our residents, items will be inspected individually. We have limited closet space so please follow quantity limitations.***

### **Clothing**

- 2-3 outfits for special occasions or church
- 3-5 seasonal shirts
- 3-4 pairs of casual slacks , non holey jeans
- 1-set of clothing for yard work or chores
- 3-4 pairs shorts (no short shorts are allowed)
- 2-pairs pajamas
- 4-activewear (for exercise)
- 7-pairs of socks, & underwear
- Modest bathing suit
- 1-2 hoodies or sweatshirts
- 1-2 jackets (seasonal)
- Hats and other accessories (if desired)
- 4-Pairs of shoes (maximum) athletic shoes encouraged for exercise

**Toiletry & Personal Items: Please check ingredients for alcohol. No products with any type of alcohol in the first three ingredients for the safety of all of our residents**

- Toothbrush & Toothpaste
- Mouthwash
- Make-up, and personal beauty items (make-up needs to fit in small travel bag)
- Deodorant (non- aerosol)
- Hairspray (non-aerosol)
- Comb/hair brush
- Hair dryer/straightener
- Shampoo/Conditioner (must be sealed)
- Body wash (must be sealed) or bath soap with case
- Feminine supplies to last the first 30 days
- Daily pill case if taking vitamins or meds

## Miscellaneous:

- **Current prescribed medications (approved by staff in advance)-enough for 30 days/plan of how you will receive your refills for the intensive 6 months of the program.**

- **Gift card in the amount of \$200.00 for any miscellaneous expenses, including OTC medications and prescriptions.**

- **All medication prescribed or over the counter MUST be approved by staff. All supplemental medications (vitamins, tylenol, motrin, aspirin, etc.) must be in new factory-sealed containers. No previously opened bottles allowed. All medications must be free of any mood altering ingredients including "night-time or PM" types**

- EpiPen if needed for allergic reactions
- Nicotine Patches (**approved by staff in advance for smoking cessation**)
- Alarm clock (no radio)
- Reading glasses if needed
- Ear plugs if needed for sleep
- Medical insurance card (If currently insured)
- Stamps and envelopes for mailing letters
- Clear Water bottle for daily use
- Personal Bible if desired
- 2" three ring binder
- Clear Book Bag or Clear tote bag
- Journal
- Addresses for parole/probation, court, attorney, etc. Residents are responsible for all outside contact information.
- Wristwatch (no smart watches)

## DO NOT BRING

- Alcohol, drugs, or drug paraphernalia
- Weapons of any kind (including pocket knives)
- Aerosol products
- Cell phone and charger (phones are not permitted during the first level of care)
- Perfume, even alcohol free
- Mouthwash containing alcohol
- Hair dye
- Purses
- Any pre-workout/weight loss supplements/creatine or protein powder ●
- Cigarettes, vapes, e-cigarettes, or any nicotine products(see under "miscellaneous" for pre approved smoking cessation patches)
- Matches or lighters
- Candles, glade plug-ins, reed diffusers, incense, etc.
- Any clothing with offensive messages and/or drug/alcohol promotion or concert/band logos
- No electronic devices (CD players, iPods, iPads, Laptops, No music or playing devices of any kind, etc.)
- No food/candy

- No hand sanitizer
- No cash
- Photos and letters unless from approved support system
- No books other than a bible(you can ask to get specific books approved in the Transitions phase)