



WHAT TO BRING:

- An open mind & willingness to change your life for the better
- 5-7 days worth of casual outfits, pajamas, socks, bras, panties
- 3 additional outfits for church
- 3-4 pair of shoes
- Toiletry, grooming & personal/feminine hygiene items (*alcohol free*)
- Notebook/folder with paper & pens for group work
- Envelopes & Stamps if you wish to write letters to friends/family
- Any & all current medications – Rx, over the counter, topical – be sure you have refills & bring a written doctor's order for non-Rx meds
- Health insurance card(s), if you have coverage
- Social Security Card
- Driver's License or other government issued photo ID
- Food Stamp Card, if you currently receive monthly benefits
- Important people's addresses and phone numbers
- AA/NA books, a Bible, devotional books – if you have them
- SMALL amounts of money for snacks, other incidentals
- Cigarettes & lighter if you smoke
- SMALL portion of snacks or drinks. There are also vending machines from which you can purchase snacks, soft drinks or bottled water.
- OPTIONAL: 2 or 3 small items such as pictures in table mounted frames, alarm clock, stuffed animal, etc.

We will provide bed sheets, blanket, pillow, bed spread, towels and wash cloths for your use during your stay.

WHAT NOT TO BRING:

- Negativity or bad attitudes
- Cell phones, beepers, personal computers, other electronics
- More than 7 days worth of clothes
- Large amounts of money
- Items of value, either monetary or sentimental
- Knives, guns or other weapons
- Drugs, alcohol or paraphernalia
- Perfume or body spray
- Body piercings – nose, lip, eyebrow, belly button, etc.

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