Specific personal items needed by residents:

Clothing –

5 Bottoms (pants, jeans, shorts, capris, skirts – any combination). Dresses count as two items - one bottom and one shirt.
5 Shirts (T-shirts, long-sleeve, etc. – any combination)
3 Undershirts and/or tank tops  NO SPAGHETTI STRAPS
2 Pairs of pajamas (top and bottom or nightgown – any combination)
10 Pairs of underwear
10 Pairs of socks
4 Bras (sports bras are not allowed)
3 Outerwear items (sweater, sweatshirt, light jacket, winter coat – any combination)
1 Bathrobe must be at least knee-length (length must reach mid-knee cap or below)
1 Pair of tennis/walking shoes
1 Pair of bedroom slippers
1 Pair of shower shoes (flip-flops)
1 Pair of other shoes (no wedges/heels, boots above mid-calf, open toes or sandals)
1 Belt
2 Hats/head scarves (includes winter and summer items)
1 Pair of gloves (colder months)

Personal Items –

10 Hygiene items (i.e. toothpaste, shampoo, body wash/soap, shaving cream, razors, lotion, deodorant, tampons/pads, Q-tips, hair treatments, etc.) – any combination
10 Makeup Items (i.e. Lip balm, eye liner, foundation, mascara, compacts, etc.) – any combination
10 Personal Care items (i.e. Hairbrush/comb, toothbrush, nail clippers, tweezers, makeup brushes, emery boards, etc.) – any combination
2 Pairs of glasses or sunglasses
1 AM/FM Radio (MUST HAVE HEADPHONES)
4 Writing/mail supplies (box of envelopes, book of stamps, writing paper/tablet, pens/pencils – any combination)
1 Wallet or change purse and 1 pocketbook (Purse) no larger than 12”x12”
1 Journal
1 Combination or keyed lock
1 Mesh laundry bag
2 Books (religious, recovery-related or educational only)
3 Hobby/craft items (i.e. Non-toxic markers, crossword/puzzle books, yarn/thread, plastic crochet hooks/knitting needles, coloring books)
**Authorized Jewelry –**

Residents are permitted jewelry items up to the following quantities:

1. Watch
2. Rings (a wedding and engagement ring count as 1 ring)
1. Bracelet
1. Necklace
2. Earrings (no larger than a silver dollar, no longer than one inch)

*8 total jewelry items*

**Lockers** – bring a lock and key or a combination lock to place on an assigned personal locker.

**Money** – Vending is located at the facility. Snacks and stamps can be purchased. A Trust Fund Account is available for residents who receive money from home (money orders and bank checks will be accepted. *Cash, personal checks and business checks will not be accepted*). Residents may withdraw up to $40.00 per week and there is no limit on the amount of money a resident may have in their Trust Fund Account.

**Reading materials** – Limited to religious, recovery oriented and educational material, with a maximum of 3 books. No other reading materials are allowed. There are two libraries at the facility for additional reading material.

**Recreational items** – Walkman radios with headphones and sunglasses are permitted.

**Medication** – If the resident is taking prescription medication(s), this should be discussed with medical staff prior to admission. Bring a 90-day supply of all prescription medications. Do NOT bring over-the-counter medications.

**Miscellaneous** – If telephones at home are blocked for collect calls, calls to these numbers will not be possible. Residents must have family/friends set up a GTL advance pay account before contact by telephone can be made. GTL can be contacted by telephone at 1-883-230-7761.

**NO FOOD FROM HOME IS ALLOWED**

All personal effects will be inventoried upon admission; items deemed inappropriate will be disposed of according to program policies and procedures.