



*** Please do not bring more than what is listed below. Space is limited.**

Clothing

14 (total) pants, shorts, leggings, etc.

(leggings can be worn as pants as long as a shirt/dress that is at least fingertip-length long when your hands are by your side.)

14 tops (includes sweatshirts, hoodies)

4 dresses/skirts

4 pajamas

1 heavy coat

1 light jacket

8 bras/sports bras

14 underwear

5 Camisoles/under shirts

14 pairs of socks

Shoes (total of 6)

2 pairs of sneakers

1 pair of sandals

1 pair of dress shoes

1 pair of boots

1 pair of flip-flops

Toiletries

You may bring your own toiletries & make-up

Any hairsprays, body sprays, etc. containing alcohol will be locked up and can be used at approved times.

Unopened boxes of tampons/pads only

Miscellaneous

Bring an ID, SS card, EBT card if you have one

Bring Insurance card(s)/info

Bring a Bible if you have one

30-day supply of approved medications

Unopened bottles of vitamins only

Do Not Bring:

Drugs (or any paraphernalia), alcohol, weapons

Vapes, cigarettes, lighters

hand sanitizer

lap-tops, ipads, etc.

pillows, blankets, bedding, stuffed animals

food, drink, or drink flavorings

* phones/electronics will be locked in the office

***** You do not have to go out and buy anything listed above.**

We have donations of clothes and toiletries to share with you.