

## What to Bring List

### Clothing

We are a Christian program, so we expect all clothing to be **modest**-- *anything* too short, too tight, or revealing will not be allowed. Any clothing deemed inappropriate by staff will be held until your departure.

**General Dress Code:**

No spaghetti straps; No tank tops (unless under a shirt) ; No backless dresses or blouses

No low-cut tops; No crop tops; No shirt shirts that reveal the belly or waist area

**No low-cut pants or jeans; No hip huggers;** No spandex-style or clinging pants

Shorts- no more than 2-3 inches above top of the knee cap

Sleepwear: must be modest; no short-shorts; a Robe must be worn over PJ's or nightgown when not sleeping

Underwear: must be modest; nothing too see-through. No thongs. Bring briefs or bikini style.

Bras and panties must be worn at all times except when sleeping

Nothing with obscene language, secular messages, pictures or anything representing tobacco, drugs, secular music, the occult, or racism, etc. No gang colors or symbols allowed.

No dry-clean-only clothing. You will not have the opportunity to go to laundry mat.

**\*\*All students participate in a special sign choir group. You will need a black blouse/shirt and a black skirt or black slacks to wear while signing.**

**Since storage space is limited, the amount of clothing allowed is limited. You don't have to bring everything on this list. We strictly adhere to the following maximum amounts:**

**Formal (For Church)**

Dresses: 4 to 6

Skirts: 4 to 6

Dress Pants: 5 to 6

Blouses: 6 to 8

Dress Socks/ Hose: 4 to 6 pairs

Slip: 2 (whole or half)

Dress Shoes: 5 pairs

**Underwear**

Panties: 8 to 12 pair

Bras: 6 to 8

Socks: 8 to 10 pair (every day wear)

**Casual (Every day wear)**

Jeans or slacks: 5 to 6 pairs

Shirts / T-shirts (long or short sleeve): 7 to 8

Tennis shoes: 2 pair

Sandals or flip flops: 2 pair

Shorts: 4 to 6

Sweat pants & shirt: 3 to 5

Sweater: 3 to 4

**Outerwear (Spring, Fall & Winter)**

Lightweight Jacket: 1 to 2

Heavy Jacket: 1

Sweaters: 1 to 2

Winter Coat: 1

Boots: 1

Gloves/ Mittens: 1 to 2 pair

Hat: 2 to 3

Scarf: 2 to 3

**Sleepwear**

Summer pajamas/nightgown: 1 to 2

Winter pajamas/nightgown: 1 to 2

Bathrobe: 1 lightweight and 1 heavier weight

House Slippers: 1

**Other Clothing**

Swimsuit 1 pieces only: 2

Swimsuit cover up shirt: 1

Beach towel: 1

(We go swimming for exercise often)

## OTHER

### **Personal Care/ Hygiene Products**

Toothbrush, toothpaste, dental floss  
Hair brush/ comb  
Hair dryer, curling iron, curlers  
Shampoo, conditioner, mousse or gel  
Bath soap, shower gel, body lotion  
Makeup, nail polish/ remover  
Perfume or cologne  
Sanitary napkins/ tampons  
Disposable razors  
One-A-Day Multivitamin  
Tylenol, aspirin, ibuprofen  
Non-drowsy cold medicine tabs not liquid  
Prescription medicine (**no narcotics, barbiturates, sleeping pills, nerve pills, psychiatric drugs, laxatives, etc.**)  
Water bottle

### **Other Items**

Bible  
Daily Devotional: 1 to 2  
Journal  
Pencils & Pens  
Stationary/ envelopes/ stamps  
Picture album (no immodest pictures, or pictures of boyfriends allowed)  
Pictures of family in small frames: 2 to 4  
1 small or medium stuffed animal  
Small craft project (cross stitch, needlework...)  
1 CD player that doesn't have a radio on it  
10 CD's (with your name written on them)

\*\*\*All bedding and towels are provided. You can bring your own pillow (1), and towels (5).\*\*\*

## **You MUST bring the following documents with you:**

**Driver's license or photo ID**

**Birth Certificate**

**Social Security Card**

**Any legal papers such as probation conditions, etc.**

**Medical or Insurance Card (if you have one)**

## **DO NOT BRING:**

nicotine replacement patches or gum      cell phones, laptop computers, tv, vcr, hand held games  
any tobacco products, smoke cessation aids      sleeping medications, open over the counter medication  
drug paraphernalia of any kind      radio, secular books, secular magazines,  
poker cards or dice      sunless tanning products  
lighters or matches  
weapons of any kind: guns, knives, box cutters, scissors, straight razor, etc.  
Pictures of boyfriends or men (or a female significant other) you aren't married or related to. We will investigate all pictures you bring.

If you bring any of these items, they will be confiscated and disposed of immediately. You will not get them back!!!

You can bring some modest jewelry, but be careful about bringing expensive items. They will not be locked up. We recommend that you not bring any valuable jewelry. No gaudy costume jewelry. No jewelry with drug, alcohol, tobacco or occult symbols. **NO nose rings/studs, eyebrow, tongue, lip, bellybutton or other body piercing rings or studs allowed. Any restricted items will be confiscated and held until departure date.**

*Any clothing or items left behind upon departure will be held for 30 days only! After that, they will be disposed of. Resident or family will be responsible for paying for postage to ship items home.*