

## Welcome to Your Journey

### Preparing for a Positive Experience

To make sure you have everything you need during your stay, we've created this packing list. Please note that a two-bag limit applies, so be mindful when packing. If needed, additional items can be mailed to or dropped off at the office (before 2:00 p.m.), but all items will be thoroughly searched.

#### Essential Packing List

- Clothing
- 10 complete outfits
- 10 pairs of underwear
- 2-3 pairs of shoes (closed-toe recommended)
- 2 jackets or coats
- Personal Hygiene
- Shampoo, body wash, toothbrush, toothpaste, alcohol-free mouthwash, shaving razors, and other hygiene items.
- Electric hair tools: straightener, curler, etc.
- Makeup bag (if applicable)
- Additional Items
- Hangers for clothing (optional)
- Cigarettes or vapes (optional)
- Laundry detergent and dryer sheets
- Necessary medications
- Books
- Alarm clock
- Money for food and snacks (we'll help with food stamp applications if needed)

#### Items Not Permitted

To maintain a safe and supportive environment, please do not bring any of the following items:

- Alcoholic beverages or illegal substances
- Weapons, including firearms, knives, straight razors, or scissors
- Aerosol products (except shaving cream)
- Hand sanitizer, bleach, or Lysol
- Candles
- More than one cell phone
- Power strips
- Over-the-counter medications
- Clothing that reflects drug or alcohol use
- Stuffed animals or dolls
- Tools
- Permanent markers
- Pornographic or sexually suggestive material
- TVs or mini-fridges

We're excited to welcome you and ensure you feel comfortable and prepared. If you have any questions about specific items, please let us know.