



List of items for women to bring:

- Jeans – no more than 5 pairs.
- Dress clothes – no more than 3 outfits.
- Hoodies – no more than 3.
- Socks – no more than 8 pairs.
- T-shirts – no more than 8 shirts.
- Under shirts – no more than 8 each.
- Shoes – 6 pairs (Tennis, Shower, Work, Dress, House)
- Baseball cap – 1 each.
- Winter coat – 1 each.
- Wool cap (toboggan) – 1 each.
- Belts – no more than 2.
- Sweat pants – no more than 2 pairs.
- Gym shorts – no more than 1 pair.
- Id or driver's license.
- Water bottle
- Bible.
- Notebooks and index cards.
- Bedding for a twin bed (pillow case, sheets, and comforter/blanket)
- Personal hygiene items.
- Walmart card or prepaid visa.
- Ink pens, black or blue, no red.
- Bathrobe – 1 each.
- Towels – no more than 2.
- Tylenol/ ibuprophen/ aspirin (must be in sealed/ unopened container.)
(These will be locked up and given during med times, no narcotics or psychological medications. Our facility is not a medical facility equipped to handle such cases)

If you are unable to secure these items, we will provide them to you from our donors.