ITEMS FOR ADMISSION

The following items are not required to enter treatment.

You are allowed to bring the following items to Grace House on the day you are admitted:

**Clothes:**
- Max of fifteen (15) Shirts; Shirts must cover the shoulders and belly; this number includes pajama shirts and exercise shirts
- Max of fifteen (15) Pants/Shorts; Shorts should be mid-thigh & skirts/dresses should be knee length. Pants should not have open holes above the knee; this number pajama pants and exercise pants
- One (1) robe
- Max of 6 bras including sports bras, 15 pair of underwear, 15 pair of socks
  - Max of four (4) pairs of shoes, which should include a pair of closed-toe shoes and a pair of tennis shoes for walking
- One (1) pair of shower shoes or slippers
  - Four (4) bath towels and four (4) hand towels

**Additional Items:**
- Personal hygiene: No more cosmetics than can fit in a small bag and shampoo, bath soap, lotion, etc. should be kept to a minimum and stored in a transportable case
- Necessary personal grooming items such as deodorant, feminine hygiene products, tooth brush & toothpaste, hair dryer & hair iron (must have automatic shut off), brush, comb, etc.
- Combination lock for your locker (strongly recommended)
- CD or MP3 player with headphones (you may use once off of stabilization)
- Cash; we suggest keeping no more than $50 at a time & encourage $1 bills for use of the vending machine; large bills cannot be broken
- Notebook, pens, paper, etc. and a bag for carrying step work, books, & workbooks
- Cigarettes & lighter; vapes are not permitted; cigars and lose tabacco are not permitted
- Max of 1 extra pillow and a light throw blanket

The following items are **NOT** allowed at Grace House:
- Candles, incense, matches, rolling cigarettes
- Plants or flowers
- DVD Players, laptops, or any item with internet access.
- No cellphones until 120 days in treatment
  - Shirts with spaghetti straps or wife beater, strapless shirts, transparent clothes, or clothes with holes in them or that promote alcohol or drugs
- Any products containing alcohol including, but not limited to the following: mouthwash, wet wipes, facial astringent, perfume/cologne (can have roll on perfume), hairspray, body spray, lotion, body wash, rubbing alcohol, etc.
- Curling irons and flat irons that do not shut off automatically.

**Documents that are needed (if applicable)**
- TB Skin test results or chest x-ray
- Recent medical History and physical exam
- Documentation of Homelessness
- 30 day supply of medication
- State ID or driver’s license
- Medicaid or Medicare card
- SSI award letter
- Food Stamp award letter