



## Items to Bring

About one week's worth of clothing (maximum of one bag)

Including:

A couple of sweatshirts

Work boots

Clothes to work in

No tank-tops, cut-off sleeves or V neck t-shirts.

No Inappropriate logos on shirts (skulls, women, alcohol, etc...)

Bible only. No other reading material.

Spiral notebooks, pens, highlighters, stamps and envelopes

Sleeping bag and pillow

Toiletries (cannot contain alcohol) such as Listerine, Cologne or aftershave. Razors are permitted.

Two bath towels and shower shoes (flip-flops)

Personal CD player (No am/fm radios, or iPods)

Christian CDs only. (No copies / recorded CD's, originals only)

Laundry detergent

Hamper Bag

Water bottle/ plastic or metal

## Additional item for Women

All of the above applies to women including the following...

Clothes must be non conforming. We recommend wearing a men's style t-shirt (crew neck), one size larger than what you normally wear.

Shorts must be below the knees or longer.

No yoga pants or legging