

H.E.A.R.T. MINISTRY - ITEMS TO BRING

- Proof of current TB Test (within last 60 days)
- Physician Statement (no symptoms of STDs or other contagious disease)
- Medical Clearance by a Detox Facility or medical statement that there is no need for detox
- Approved prescriptions (8-week supply)
- Picture ID
- 3 church outfits
- 5 casual everyday outfits
- 3 plain white, loose-fitting tee-shirts
- 1 jacket or sweater
- Underwear (amount needed for 1 week - no thongs)
- 2 nightgowns / pajamas
- 1 robe / housecoat
- 3 pairs of shoes (1 dress, 1 casual, 1 other)
- Personal hygiene products (shampoo, tampons, toothpaste, brush, etc.)
- Laundry detergent
- Laundry basket
- Any AA / NA Books you may have (Only one devotional book allowed)
- Stamps and envelopes
- Bible
- Alarm clock (no radio)
- Unopened box of garbage bags
- Phone calling card
- Notebooks / folders / paper / pens / pencils / highlighters/3-ring binder
- Spending money (\$40 - \$60)
- Pregnancy Test Kit
- Book Bag
- Large package of toilet paper
- Seasonal items:
 - Summer- One piece bathing suit
 - Spring/Fall- clothes that can be layered easily
 - Winter- 1-2 extra sweatshirts, sweaters, coat, or jacket

**** PLEASE DO NOT BRING MORE CLOTHING THAN THOSE ITEMS AND QUANTITIES LISTED.****