



## **PROMISE LAND MINISTRIES LIGHTHOUSE**

### **What To Bring With You**

**Residents are limited to the items that can fit into one suitcase**

#### **Clothing**

- 7 shirts (no sleeveless shirts or tank tops)
- 7 pairs of pants or shorts (no short shorts)
- 7 pair of socks
- 2 Sets of Towels & Washcloths
- 7 sets of undergarments
- 3 to 4 sets of sleepwear
- Light jacket or winter jacket (season appropriate)
- Sweatshirt or sweater
- Sensible walking shoes
- Pillow
- Work Boots (Male Facility)
- 2 to 3 Dresses (Female Facility must extend past the knees)

**No clothing with references to drinking, drugs, gambling, or other inappropriate content.**

#### **Toiletries**

- Toothbrush and toothpaste
- Disposable or electric razor
- Shaving cream
- Shampoo and conditioner
- Deodorant
- Lotion (if needed)

**All items must be unopened and in original containers**

#### **Miscellaneous**

- Photo Id
- Medical Insurance Card
- Any Prescription Medications
- Over The Counter Medications
- Bible
- Pen & Paper

**Medications must be in the original prescription bottle Over the counter, meds must be unopened**