

## *Blessed Hope Packing List*

Blessed Hope is a program where you will learn to depend on the God for your needs (not wants) and although our hope is that you will be blessed in our home, as you experience the love of Christ, please be aware that it is not designed for you to have all the comforts of home. This is a work program so focus on clothes that are functional (work, garden or paint) not necessarily fashionable; laundry is done frequently. **Non-approved clothing or items in excess of listed & allotted amount will be stored or donated.**

Clothing	Toiletries	Other Stuff!
<ul style="list-style-type: none"> <li>• (12) Undergarments – underwear, socks</li> <li>• (5) bras – including sports bras</li> <li>• (10) Work Shirts – T-shirts that can get dirty</li> <li>• (10) Casual Shirts – church</li> <li>• (5) Tanks – worn under shirts only!</li> <li>• (4) Pants – jeans, casual pants, church</li> <li>• (4) Other pants – sweat/lounge/work</li> <li>• (3) Shorts - long</li> <li>• (2) Dress/skirt - optional</li> <li>• (5) Shoes – total including tennis, flip flops, boots &amp; dress</li> <li>• (2) Sleepwear</li> <li>• (5) Sweatshirts/hoodies</li> </ul> <p><u>Seasonal Items</u></p> <ul style="list-style-type: none"> <li>• (1)- modest bathing suit – one piece or full coverage tankini</li> <li>• (1) Winter Coat</li> <li>• (1) pair long johns</li> <li>• (1) hat, gloves &amp; scarf set</li> </ul> <p><i>*If you will be here for multiple seasons, please come prepared</i></p>	<ul style="list-style-type: none"> <li>• Shampoo &amp; conditioner</li> <li>• Toothbrush, toothpaste, dental floss</li> <li>• Deodorant</li> <li>• Body wash</li> <li>• Razor &amp; replacement blades – shaving cream</li> <li>• Make-up</li> <li>• Hair-Spray</li> <li>• Hair care tools – blow dryer, curling &amp; flat iron</li> <li>• Feminine products</li> <li>• Contact solution if applicable</li> </ul> <p><i>*No Mouthwash containing alcohol</i></p> <p><i>*Bedding, linens &amp; towels are provided – can bring an additional blanket if you think you will need it</i></p>	<ul style="list-style-type: none"> <li>• Bible</li> <li>• Notebooks, journals, pens &amp; highlighter</li> <li>• Book bag</li> <li>• Envelopes, stationary and stamps</li> <li>• Tape/CD player <b>without</b> AM/FM radio – make sure to bring <b>batteries</b></li> <li>• Only over the counter Medicines allowed – Ibuprofen/aspirin, vitamins, allergy medicine <b>NO SLEEP AIDS or BENADRYL</b> – must be sealed bottles</li> <li>• Phone card – for calls home</li> <li>• Photo ID, medical insurance</li> <li>• Original birth certificate if available – will be necessary if medical treatment is needed</li> <li>• 1 framed photo for display</li> <li>• 1 Re-usable water bottle</li> </ul>

### **DO NOT BRING:**

<ul style="list-style-type: none"> <li>• cell phones – pagers</li> <li>• no I Pods</li> <li>• Music other than Christian</li> <li>• no reading materials (books) other than bible</li> <li>• no digital cameras</li> </ul>	<ul style="list-style-type: none"> <li>• open medication – No Sleep Aids or Diet Aids</li> <li>• Money – residents will not have need of \$\$ or have opportunity to spend it. <b>Any money a resident arrives with or receives will go into a community house fund</b></li> </ul>
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### **DRESS CODE (clothing MUST meet dress code or will NOT be permitted!)**

*At Blessed Hope women are expected to dress modestly according to the following **strictly enforced** guidelines.*

- **No body piercings** – except earring - all must be removed prior to entrance. No clear plugs.
- Shirts must not reveal ANY cleavage or be short-waisted. You must be able to bend over without skin showing. Longer tank tops may be worn underneath.
- Outer Tank tops have to be higher necked & thicker straps – again with no cleavage showing
- No spaghetti strap tanks, dresses permitted unless under a shirt or covered.
- If low-rise jeans are worn shirts must cover **all skin**
- Dresses must be just above knee length & non-conforming
- Shorts must be about mid-thigh, No short shorts
- No shorts or pants with writing across the rear

*\*It is inevitable that in leaving the drugs behind and beginning to eating daily, that women will put on some needed weight. Please consider this as you are packing, we have jeans in larger sizes available from donations.*