



## Suggested Packing List

You are allowed to bring with you:

1. One large personal suitcase or duffel bag packed with suggested items
2. One small toiletry bag including: hairbrush or comb, makeup, limited hair products (no aerosol products or products containing alcohol will be allowed)
3. Clothing & Other items (listed below)
4. Favorite pillow or blanket
5. A small amount of inexpensive jewelry
6. A few personal photographs (pending Doors to Freedom approval)

These are suggested items to pack if you currently have them available to you. Try to have items from each bullet point. If you do not have something on this list, we will be glad to assist you. All of your personal possessions and clothing will be marked as yours to ensure they go with you when you leave the program. Borrowing and lending between residents is not allowed.

- Clothing: (See Dress Code below for guidelines.)
  - Shirts: T-shirts, Tops, Tank Tops
  - Sweatshirts, Jacket, Coat
  - Bottoms: Jeans, Shorts
  - Modest athletic clothing
  - Dress-casual outfit: Pants and Shirt, Skirt and Shirt, and/or Dress
  - Shoes
  - Underwear
  - Bras, sports bras
  - Tennis Shoes
  - Sandals or Flip-flops
  - Pajamas
  - Modest Swimsuit
- Other:
  - Identification (Bring what you have available: Photo IDs, Social Security Card, Birth Certificate, etc.)
  - School records (if available)
  - Medical insurance or medicaid documents (if available)
  - Current required prescription medications (including inhalers and Epi-pens) in original packaging, if applicable
  - Journal or composition notebook
  - Bible

**Dress Code** - Clothing must be clean, modest, neat and fit appropriately at all times.

- *Tops and dresses must not show your belly, large amounts of your back, or your cleavage. Tops and dresses must have full straps (at least 1" in width) or sleeves; spaghetti straps, strapless, or halter tops are appropriate with a jacket or sweater worn at all times.*
- *Shorts, skirts, and dresses must be at least mid thigh in length when sitting.*
- *Bathing suits, pajamas, and workout clothing must be modest, with no cleavage or bottoms showing. Cover-ups must be worn over swimsuits during travel to swimming location.*
- *Clothing or jewelry with inappropriate language or symbols will not be permitted. Clothing and jewelry may not have messages or photos related to drugs, gangs, alcohol, or sex.*

- *Clothing may not be see through or very tight/revealing*
- *Underwear, bra, a bottom, and a top must be worn at all times in the common areas of the house and at all times outside of the house. They should not be visible.*
- *Residents must wear pajamas at night.*
- *Residents must get dressed into clean clothes each day, and stay in them until night. No pajamas or robes once the day begins. (Exception to this rule if a resident is sick and approved by a staff member)*
- *Residents must only change clothing in the bathroom, alone.*

### **Items NOT Permitted**

- Pets
- Electronics, communication equipment, or devices that can connect to the internet: Cell phones, electronic devices, laptop, computers, televisions, pagers, cameras, iPad, tablet, iPod, mp3 player, etc.
- Expensive items (such as expensive jewelry)
- Matches, lighters, or any flammable liquid
- Hand sanitizer
- Drug, alcohol, gang, violence, or sexual messages on clothes or photos
- Sex toys/paraphernalia
- Outside movies, music, books, magazines, etc.
- Pornographic material of any kind
- Gang related material of any kind
- Cleaning materials of any kind without staff supervision
- Batteries
- Keys or tools
- Any device intended to be used as a weapon
- Money exceeding \$50.00
- Aerosol products or any products (like mouthwash) containing alcohol
- **Personal Transportation** - Residents will not be permitted to have personal modes of transportation (car, motorcycle, motor bike, bicycle, etc.) at the residence. All transportation will be provided by Doors to Freedom staff and volunteers.
- **Alcohol or Drugs** - No resident should be in possession or use of alcoholic beverages, illegal substances, or paraphernalia / drug-use items (ex: syringes or needles). Only over-the-counter medications and prescription medications that are required and prescribed by a doctor for that resident will be allowed. Over-the-counter and prescription medications must remain stored in a secure location and administered by the Doors to Freedom house staff. Every resident will be administered a drug test upon admission. Doors to Freedom reserves the right to administer any future random drug testing to any resident at any time. Failure of random drug testing may result in immediate removal or dismissal from program.
- **Cigarettes/Tobacco** - The Doors to Freedom residence is a smoke/tobacco free environment. Tobacco of any kind will not be permitted on the premises, and possession of any tobacco product may result in disciplinary action. This applies to residents, staff, volunteers, and visitors. We understand this may be a struggle initially for residents; our staff is willing to assist in finding healthy alternatives to tobacco use.
- **Firearms** - Firearms will not be permitted by any resident, Doors to Freedom staff or individual planning to visit the residence. Only those authorized security or law enforcement personnel will be permitted to have a firearm in the event of a security need or emergency.
- **Social Media/Internet** - Residents will not be allowed access to any type of social media while at Doors to Freedom. This includes: Facebook, Twitter, Instagram, YouTube, Vine, chat rooms, etc. Internet usage will also be monitored very closely, using the internet for educational and life skills purposes only.