

Vision of Hope Ministries
What VOH Supplies / What You Need to Bring

What Vision of Hope Supplies (Do Not Bring)

1. 1 blanket
2. 1 pillow
3. 1 set of twin sheets
4. Towel set – bath, hand, and washcloth
5. 1 laundry basket

An alarm clock will be provided in your room. An iron is provided for the house. All girls will have one small closet, one dresser, and one twin bed while they stay at Vision of Hope.

What you need to bring

Clothes

Because we have limited closet and drawer space you will be limited to bringing **only** the following clothing items:

1. No more than 10 everyday outfits (complete outfits consisting of 1 bottom, 1 top, 1 sweater/fleece if applicable, 1 set of undergarments, 1 set of socks)
2. No more than 5 dress outfits
3. No more than 1 robe (you must have a robe) and 5 sets of pajamas (must be very modest – no bared midriffs, no cami tanks, etc)
4. No more than 2 swimsuits - In all circumstances a one piece swimsuit (or tankini that doesn't show midriff) must be worn. Bikinis, or cutouts are not allowed.
5. No more than 7 modest workout outfits and sports bras – (You must bring at least 5 workout outfits and sports bras)
6. No more than 1 winter coat (if applicable)
7. No more than 1 spring / fall jacket (if applicable)
8. No more than 6 pairs of shoes (don't forget flip flops for pool)

Shoes - We have a busy schedule full of activities and walking, and we want you to be dressed in clothing that makes it very conducive to serving others and meeting needs. We recommend flats or comfortable shoes to be worn through the week and dressier shoes with heels to be reserved for church or dressy occasions.

Please pack the 10 everyday and 5 dress outfits together inside your suitcase completely assembled as you plan to wear them in large Ziploc or grocery bags. This means the bottom, tops, sweater / fleece, undergarments, and socks for that outfit are all together within a Ziploc or grocery sack that is inside your suitcase. This will help check-in go quickly and efficiently.

If you do not have very many pairs of clothing please try to assemble what you are missing prior to coming to Vision of Hope. If you are absolutely unable because of financial constraints, please do not be concerned. We can help you get appropriate clothing once you are here through our ministry's clothing closet, although we prefer that you do that prior to coming if possible due to severe restraints on staff time allowances.

Please be advised that if you bring more than the allowed amount of clothing you will be required to return it to your family at your expense.

Prescription Medications

If you are on any prescription medicines on a normal basis you need to make sure you have **at least a 30 day supply** when you enter the program. Over the counter medications for colds, flu, etc will be provided for you at Vision of Hope at no charge on an as needed basis. Please do not bring any over the counter medication with you unless you have a written doctor order for it. **All medication should be clearly marked and packed in clear Ziploc bags and handed over to staff upon arrival.** Staff will keep them safe for you in our medical cabinets and administer them for you on a daily basis.

Money and ID's

All cash, checks, credit / debit cards will be handed over to staff upon your arrival. They will be kept locked up and safe for you. You may use your money with staff supervision with the understanding that all money spent will be accounted for through receipts that are turned in. You must have a current photo ID, Social Security Card, and Dept of Health issued birth certificate with you regardless of your age. All forms of identification must be the original copy. **Please make sure all of these items are secured in a clear Ziploc bag and are ready to be handed over to staff upon your arrival.**

Cell Phones

You may bring your cell phone and charger; however, you will not have access to it until Phase 2 with counselor discretion. You will use a Vision of Hope house phone for your scheduled phone call time.

Personal Care Items

Although we sometimes have personal hygiene items in our blessing closet you will want to bring your own items to use during your stay. Hand soap will be provided in the bathrooms. You will want to bring feminine hygiene products, make-up, hair dryer, curling irons, hair straighteners, shaving razors, etc. **Please be sure to bring one plastic basket for your toiletry items and one mirror for the top of your dresser.**

Study & Miscellaneous Items

Please bring 3 x 5 cards, 2 - 3 inch binders, pens, pencils, spiral notebooks, and 1 package of notebook paper for counseling homework. Please bring a water bottle for daily use.

Options

- You will also benefit from a CD player as long **as it does not have a radio in it.** No radios are permitted. If you have an MP3 player you may bring it as long as it is completely empty of anything but Christian music. IPODS are allowed as long as they don't have internet access and have only Christian music.
- You may bring up to 10 Christian CD's. Only Christian music is allowed. While we do not believe all secular music is wrong, we are simply trying to create an

environment that makes it easy to think on things that please God and help us to become more like Christ.

- You may bring up to 5 Christian books as long as they are not characterized as romance novels. All books must be approved by staff.
- You may bring stamps, calling cards, and one camera.
- You may bring one 8 x 10 picture and one 5 x 7 picture to display on your dresser. Photos may not be of your boyfriend.
- If you play a musical instrument, you may bring it.
- You may bring craft supplies such as scrapbooking, card making, etc.
- PLEASE NOTE: If you bring a camera, iPod, or other device with a memory card, the memory card must be cleared of everything (including photos) except approved Christian music.

Do not bring

- Laptop or personal computer (Unless you will be working on school and have spoken with the intake committee)
- Stuffed animals
- Room decorations of any kind – no pillows, no wall hangings, no furniture
- Candy or snack foods
- Nail polish or polish remover
- Menstrual cups
- Anything containing alcohol (mouthwash, perfume, teeth whitening liquid, etc) or hemp/CBD/cannabis derivatives (soap, lotion, deodorant, etc.)
- Wire hangers
- Body Spray
- Burned CD's or MP3's, radios, cell phones, video games, etc
- Anything in an aerosol can
- Essential oils, coconut oil, Argan oil, Jojoba oil, any oils

Stewardship of Home - We all have been entrusted by God with the care of the house that we live and work in. It is expected that everyone do their part to contribute to the needs of the house so we all have the items we need. Residents are expected to contribute by choosing 5 items from the following list to bring in on move in day:

Kleenex 3 pk

High Efficiency laundry detergent (must say HE)

Dish soap

Paper towels 2 pk

Toilet paper 12 pk

Dryer sheets

Pods for dishwasher

Ziploc bags (snack, sandwich, and gallon sizes)

Trash bags

Napkins

If you prefer, you may substitute a gift card to Wal-Mart, Cash, or a Check rather than bringing the items listed above. Please bring in all your items separated from your personal belongings and give them to the secretary upon arrival. Thank you for contributing to the needs of our home.