



**What to bring:**

- Woman may bring in 49 pieces of clothing; this includes socks, underwear, bras, coats, and jackets
- 1 Purse (no purse in SOS, only in MT)
- 2 Pairs of shoes
- 1 Pair of house shoes/shower shoes/sandals
- Unopened, over the counter medications
- A month's supply of prescription medication (if currently taking them and it's approved)
- A prescription with 4-5 refills (if currently taking them and it's approved)
- Personal need items-shampoo, conditioner, deodorant, toothbrush, toothpaste, lotion (no Bath and Body while in SOS), etc.
- Backpack
- Money- no more than \$20-small change for vending machines and pay phone
- Picture ID
- Social Security Card
- Stamps
- Envelopes
- Paper
- Folders
- Spiral notebooks
- Pens
- Highlighter
- Big Book if you have one

**What NOT to bring:**

- Sharp objects including tweezers or nail clippers
- Cell Phone
- Nail polish
- Aerosol cans
- Mouthwash
- Outside food or drinks
- Jewelry
- Makeup