

**Intake Items to bring**  
**This equals 49 pieces of clothing**  
**Shoes are not included**

You may bring in 49 pieces of clothing; this includes socks, underwear, bras, coats and jackets

- Eyeglasses (readers or prescription)
- Rain Jacket or Poncho
- 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/scented), etc.
- Backpack
- Money- no more than \$20-small change for vending machines and pay phone
- Picture ID
- Social Security Card
- Insurance Card
- Stamps
- Envelopes
- Paper
- Folders
- Spiral notebooks/ loose leaf
- Pens
- Highlighter
- Big Book (if you have one)

**Items not permitted**

- No Cell Phone
- No nail polish
- No aerosol cans
- No mouthwash
- No perfume
- No pillows
- No blankets
- No caffeine in meds
- No straightener/curling iron
- Nothing with alcohol in it
- No sharp objects (including tweezers or nail clippers)
- No outside food or drinks
- No Jewelry
- No makeup