Approved items list:

10 tops that are modest: loose fitting, not see-through, no holes, no low cut tops

10 bottoms (pants, capris, sweatpants, shorts, skirts) that are modest: loose fitting, have no holes, shorts and skirts must be knee length, no leggings are approved

10 pairs of panties (no thongs, lingerie or boxers)

10 pairs of socks

10 bras and/or sport bras

5 undershirts/tank tops

2 jackets

2 sweaters and/or hoodies

2 jackets

2 cardigans

2 belts

2 pair pajamas

5 pairs of shoes – no heels are allowed

1 scarf, hat and gloves

1 bible

1 devotional

1 journal

1 Wristwatch

1 alarm clock

1 blow dryer

1 flat iron

1 curling iron

Toiletries/Hygiene items – Grace House does provide budget-friendly body care products and feminine supplies but if you would like to bring your own that is not a problem

Envelopes and Stamps for mail (you must provide your own postage to send mail)

Glasses (prescription and reading)/ contacts with case & solution

Denture supplies (if needed)

Makeup: concealer, foundation, powder, black mascara, and clear lip-gloss (all makeup must be natural colored)

\*Medications that have been approved with director before arrival.

Please notify your doctor you will need at least 9 months’ worth of refills before checking into our program. Residents and Family of residents are responsible for the purchase of all medications needed during the duration of the program. We are not responsible for doctor’s visits to obtain medication.

Foot powder, sunscreen, or creams may be brought and approved at the discretion of the staff. ANY over-the-counter medication is a donation to the whole house- you may donate large bottles of Tylenol, Ibuprofen, cold medication, cough drops, etc. It may not be alcohol based and it is at the discretion of the staff whether it will be kept or not. All prescription medication must be approved by the staff and kept in a secure location.

\*\*\*\*Please bring all items in one suitcase and/or duffle bag.\*\*\*\*

The following items will be kept in a secure area during residency: electronic devices, identification, vital documents, legal paperwork, money, gift cards, debit cards, insurance information, etc.

Dresses are approved but must be past the knees and loose fitting

Graphics on clothing and accessories must express positive messages.