



SUPPLY LIST – RESIDENTIAL ADULT WOMEN

Clients admitted to House of Hope will only be allowed to bring a pre-determined amount of personal items. The **Allowed Items** list is provided to assist you in packing for your stay. Anything in excess or on the Restricted Items List will not be allowed into the program and the client will need to have them picked up **within 48** hours or they will be donated. House of Hope accepts no responsibility for personal items lost, damaged, broken or stolen; do not bring in any item you would regret having lost, damaged, broken, or stolen. All personal belongings/items are solely the client's responsibility. Giving/sharing personal items or having personal items that are against program rules in your possession or anywhere on House of Hope property may result in your discharge from the program. All items are searched and inventoried upon admit by house staff and throughout your stay.

Important Guidelines: Please read before packing.

1. See "**Restricted Items List**". Any of these
2. Mark all belongings with your name in permanent marker.
3. Do not bring in clothing/items that are broken, dirty, stained, torn or that do not belong to you.
4. Keep personal items simplified, as few as possible in number and clean/organized so that you can focus on what is most important – your treatment!
5. **Do not bring in a backpack/tote bag or wallet that may have contained drugs/drug paraphernalia in the past. Be aware that some surfaces may have retained a residue. Play it safe! Dispose of all old backpacks, tote bags, wallets, storage bags, boxes, containers.**
6. All items must be in good condition, without holes, offensive writing, slogans or symbols; laundry day is once weekly except for emergencies; you may not go over the maximum number listed below, extras will be disposed of/sent home. All allowed items are recommended/suggested items/supplies; you are not required to have them.
7. **Shorts must be below the knees and shirts/sleepwear must cover stomach, cleavage and have sleeves.**
8. **All toiletries (including shampoo, conditioner, lotion, toothpaste, toothbrush, deodorant, hairspray, hair products, shaving razor, face cream, soap, cleansers, nail file/clippers, sunscreen, etc.) must fit into 1 gallon size clear zip lock bag.**
9. **All make-up must fit into 1 quart size, clear zip lock bag.**
10. One unframed picture of each child is allowed. No adult pictures or pictures with offensive backgrounds; no picture frames of any kind are allowed.



ALLOWED ITEMS LIST

These are maximum amounts. Items are suggested but not required.

- ___ Underwear (10 pair)
- ___ Bras (max. 4)
- ___ Socks (max. 10)
- ___ Shirts (max. 10)
- ___ Shoes (max. 3)
- ___ Pajama tops (max. 3)
- ___ Pajama bottoms (max. 3)
- ___ Swimsuit (max. 1 set, year-round activities)
- ___ Shower shoes (1 pair flip flops)

Court Attire - TWO outfits total (includes suits/dresses/slacks/blouse/dress shoes)

- ___ Suits OR Dresses
- ___ Slacks/Blouses
- ___ Dress Shoes (max. 2 pair)

Personal Hygiene

- ___ Shampoo (max. 1)
- ___ Conditioner (max. 1)
- ___ Soap/Body Wash (max. 1)
- ___ Lotion (max. 2)
- ___ Razors (max. 2 – no packs)
- ___ Hair Dryer (max. 1)
- ___ Flat/Curling Iron (max 1.)
- ___ Hair Products (max. 3)
- ___ Tampons/Pads (3-month supply)
- ___ Face Wash (max. 1)
- ___ Makeup (1-quart size zip lock)
- ___ Hair elastics/clips (max. 1 pack)
- ___ Nail Clipper/File (max. 1)
- ___ Toothbrush (max. 1)
- ___ Toothpaste (max. 1 4.7 oz tube)
- ___ Deodorant (max. 1)
- ___ Shower towel (max. 1)
- ___ Brushes/Combs (max. 2)
- ___ Tweezers (max. 1)

Clothing

- ___ Undershirts/Garments (max. 5)
- ___ Shorts/Pants/Skirts (max. 10)
- ___ Dresses (max. 2)
- ___ Belts (max. 2)
- ___ Robe (max. 1)
- ___ Slippers (max. 1)
- ___ Shoes (max. 3, suitable for walking/daily wear, no heels)

Seasonal Clothing (October – April)

- ___ Jacket and Coat (1 each)
- ___ Gloves (max. 1)
- ___ Boots (max. 1 pr)
- ___ Hat (max. 1)
- ___ Scarf (max. 1)

Miscellaneous

- ___ Rings (max. 2)
- ___ Small wallet
- ___ Sunglasses (1 max.)
- ___ Watch (max. 1)
- ___ Perfume (max. 1)
- ___ Body Spray (max. 2)
- ___ Inspirational, positive books related to religion, spirituality, parenting or recovery (max. 2)
- ___ Necklace (max. 1)
- ___ Earrings (max. 1 pair)
- ___ Water Bottle-clear, untinted, reusable (max. 1)

If Needed

- ___ 3 Month Supply of Contacts/Contact Supplies and/or Glasses

*****AEROSOLS ARE NOT ALLOWED FOR ANY ITEMS.*****

Other Recommended Supplies

- Debit or Horizon card, Medical Insurance or Medicaid card, WIC Vouchers, etc.
- Any critical documents pertaining to treatment and funding (no bills or other papers).
- \$20-\$50 in cash for expenses for medical costs, prescription copays and required personal documents (birth certificates, Identification/Driver's License). House of Hope requires accounting and receipts for all purchases and stores all items with cash value in a locked safe at the Treatment Center.



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Salt Lake City, UT 84102

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RESTRICTED ITEMS – RESIDENTIAL ADULT WOMEN

The following items are not permitted at House of Hope primarily for safety reasons. Some of these items are too difficult to regulate, search daily or to sanitize from drug residue. Other items are simply unnecessary, hard to store in a limited space or not appropriate to a healthy treatment environment.

- Suitcases, duffle/gym bags (pack in trash bags or plastic bins/containers).
- Any expensive, excessive jewelry or items valuable for sentimental reasons
- Picture frames or photo albums or loose pictures (except of own children).
- Stamps, address books, old letters, old papers except for ID or service plans.
- Packs of cigarettes or vapes, matches, lighters, candles, fireworks, flammables. (These items will be immediately disposed of.)
- Any item with negative message, symbolism or unhealthy personal connotation to yourself or others.
- Face cards, board games, card games or electronic games (provided by program).
- Cameras or film (not permitted due to confidentiality rules).
- Glass or ceramic items or knick knacks.
- Sharp items, tools of any kind, any kind of knife or weapon.
- Clothing with any type of derogatory/negative message or slogan, hats, clothing, or bandannas that indicate gang affiliation; torn, stained, immodest or damaged clothing.
- Used day planners, journals, notebooks; new only (also provided free of charge by HOH).
- Food or Drink Items (food items may never be brought in from the outside).
- Purses of any kind (a small wallet IS allowed; items may be carried in a backpack)
- Checkbooks, blank checks, banking or finance information for yourself or others.
- Sexual toys or any type of sexual products or devices, books, magazines, pictures, or other inappropriate material.
- Self-tanning lotion, fingernail polish, polish remover, perfumes, heavily scented sprays, hair dye, hair removal gels/lotions, etc., teeth whitening products*
- Hobby or craft items; art supplies; fiction novels, unapproved books or more than 2 books (as listed on approved supply list); room decorations, posters, etc.*
- Electronic devices that are web enabled are not allowed.
- CD players*, cell phones, electric toothbrushes, radios, any other electronics CDs*/DVDs/VHS

***Women may earn the privilege of having starred items only later in treatment.**