



Transitional Living

What Is Acceptable To Bring

- Comfortable clothing
- Laundry Basket/Bag
- Flip flops for shower
- Toiletries (deodorant, shampoo/conditioner, toothbrush/toothpaste, hairbrush, blow dryer, etc.)
- Prescription and over-the-counter medication
- Personal photographs/Sentimental items
- Computer/Laptop/IPad
- Cell Phone
- Books/Puzzles/Games

What is Unacceptable To Bring

- Weight Scales
- Alcohol
- Illegal Drugs
- Diet Related Items (diet pills, laxatives, diuretics)
- Magazines/media promoting unhealthy eating habits & weight-related behaviors
- Candles or incense

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