

## DO BRING

1. A 6-week supply of approved medications (make arrangements for refills).
2. Personal Bible and any AA/NA books you have
3. (3) Full-size spiral notebooks for taking notes and journaling.
4. Pens, pencils and highlighter.
5. Clients may have up to \$60 in their possession to purchase personal items.
6. Clothes hangers.
7. Seasonally appropriate attire such as jeans, capris, bathing suit (one piece or tankini), and knee length shorts. Church clothing may be nice jeans, sweater/blouse, sandals/boots, etc. Appropriate underwear must be worn at all times (this includes a bra). No thongs are allowed.
8. Wash cloths, towels.
9. Bed linens and blankets for a twin-size bed, pillow and pillow case.
10. Toothbrush and toothpaste, deodorant, tampons/pads, hair styling appliances, make-up, soap, soap dish, shampoo, and laundry detergent.
11. Stamps and Envelopes
12. Laundry bag/basket for dirty clothes (extra pillowcase will do)
13. A Picture ID

## DO BRING

### OPTIONAL ITEMS

- Extra Cigarettes
- Alarm Clock (no radio)

## DO NOT BRING

1. Any medication without the Chief Operating Officer's prior approval.
2. Perfume, body spray, mouthwash, hairspray or any other aerosol sprays or any pressurized container, (i.e.: mousse, shaving lotion.)
3. Tobacco products for "roll your own" cigarettes, pipe smoking, or cigars.
4. ANY ELECTRONICS such as TV, radio, iPads, cell phones, e-cigs, smart watches, etc.
5. Books or magazines except Bible and AA/NA. No CDs or DVDs.
6. Inappropriate Clothing (Anything that goes against the Spirit of Christianity or Recovery)
7. Nail polish or polish remover
8. Musical instruments
9. Any valuables such as expensive jewelry, watches, rings, necklaces, etc.
10. Any of your own drinks or drink mixes.

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IF YOU HAVE ANY QUESTIONS ABOUT THIS LIST,  
PLEASE CALL AND ASK BEFORE YOU ARRIVE.  
For a Complete and Updated List, Visit Our  
Website [www.paminc.org](http://www.paminc.org)  
(706) 453-7929

**Clients MAY NOT have any vehicles here!**