



PROVIDENCE WOMEN'S RECOVERY

AN OUTREACH OF PROVIDENCE MINISTRIES
711 SOUTH HAMILTON STREET DALTON, GA 30720

***** Maximum of 2 suitcases, 1 small bag and 1 purse is allowed. All toiletries, personal hygiene products, lotions, etc. must be in unopened or sealed packaging and all medications (including OTC) in the original container. Any loose or opened packages will not be allowed.**

Do bring:

- 10-14 days of comfortable clothing, pajamas, and weather appropriate outdoor clothing (jacket, sweater, or coat).** *No revealing clothes, short shorts, halter tops, miniskirts, muscle shirts, etc. or anything with inappropriate wording. Laundry Facilities are provided at each residence.*
- 3-5 appropriate outfits for church; dresses, skirts, nice jeans, or dress pants.** *Dresses or skirts must be all knee length or longer.*
- Shoes, sneakers, slippers, sandals, dress shoes, etc.**
- Personal Items and Toiletries.** *Do not bring any items that contain alcohol (i.e. hairspray, mouthwash, deodorants, etc.) Nothing in aerosol cans. If you choose to bring anything with alcohol, including perfume, or in an aerosol can, it will be locked up, but you may use these products in front of a staff member.*
- Toothbrush and Toothpaste**
- Hair Gel (Alcohol-free) /Lotion**
- Shampoo and Conditioner**
- Combs/Hairbrushes/ Nail Clippers**
- Mouthwash (Non-alcoholic only)**
- Curling Iron/Hair Dryer**
- Shaving Cream (non-aerosol), Disposable Razors**
- Alarm Clock (without a radio)**
- Deodorant/Antiperspirant (Non-aerosol)**
- Some form of ID (Passport, driver's license, ID)**
- Feminine Hygiene Products**

PHONE 706.519.0404 FAX 706.673.3845

You many also choose to bring:

- Wallet/Simple Purse**
- Cigarettes**
- Stationary and Stamps** (*for those wishing to send letters*)
- Journal** (*or a notebook*)
- Workout DVD's**
- Christian movies or Christian appropriate** (*PG-13 or lower*)
- Christian Music/Christian or recovery-related books** (**12-Step material, etc.**)

What you can NOT bring to treatment:

- **Alcohol or Drugs, or any materials reference drug and alcohol use**
- **Any Items with profane or pornographic references**
- **Aerosols, cleaning products** (*i.e. bleach, ammonia, or other chemicals*)
- **TVs, iPods, iPads, MP3 players, tablets, cell phones, pagers, etc.**
- **Excessive cash, checks, or checkbooks** (*credit or debit cards will be kept by staff if needed*)
- **Sexually provocative clothing/ Pornography**
- **Guns, knives, pocket knives, or any weapon of any kind or form**
- **Cameras or tape recorders**

Important reminders about dress code:

- **Skirts/Dresses must be to the knee or longer** (*slits cannot be higher than the knee*)
- **No ripped, torn, or holey garments**
- **Your shoulders must be covered whenever outside of the residence**
- **No low cut shirts** (*please no visible cleavage*). **Absolutely no midriff baring at any time!**
- **There is a pool available, so if you choose to bring a bathing suit, only FULL one pieces or tankinis that offer FULL coverage are allowed. NO two piece or bikinis.**