

Stella's Circle

Hope Lives Here

What to bring with you to Emmanuel House:

Jeans/comfortable casual clothing- weather appropriate. (*There is very limited storage space, therefor bring only what you need for a 2-3 week period. Laundry facilities are provided.*)

- Weather appropriate outdoor coat, footwear
- Gym shoes, exercise clothes, socks, underwear
- Sleepwear (t-shirt, pajamas, slippers)
- Water bottle
- MCP card, and other ID's
- Alarm clock if possible
- Pens, paper, journal for writing

Cell phones are permitted, but must be passed in to office at night, as well as other guidelines for use.

- **Over-the-counter medications or vitamins must be in their original packaging.**
- **Prescription medications must be blister-packed by a pharmacy.**

What **Not** to bring:

- T-shirts with offensive slogans or messages that promote violence, or alcohol/drug use
- Mouthwash or shaving products that contain alcohol
- Pornography or other inappropriate reading materials
- Video gaming electronics
- Large Stereo /speakers, TV'S
- Expensive jewelry
- Scented products

There is no wifi, or internet access.