



What to bring with you to Emmanuel House:

You may bring one large suitcase and one smaller bag. Please do not bring additional luggage or belongings when you return from weekend visits or shopping trips, as storage is very limited.

Laundry facilities (including detergent) are provided.

- Clean, comfortable clothing.
- 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. Please see guidelines for Cell Phones and Other Technology.

- **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:*

- Clothing that is revealing, or that has sexually suggestive or violent messages, or advertising 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 or other valuables that you could not bear to lose.
- Scented products: perfumes, cologne, heavily scented body sprays etc can trigger serious health and allergic reactions for some people.