

What to Bring to Karen's Place, Karen's Place Maternity Center, Beth's Blessing, or Lydia's House

You must bring the following documents with you:

- Photo ID
- Social Security Card OR Birth Certificate
- Any Current Legal papers
- Medical/insurance card

Medication

- Bring all medication prescribed by your doctor. Make sure it is in the original container with your name on the label. If you have insulin-controlled diabetes, please bring your insulin and all testing supplies.

Clothing

Clothing must be modest in nature. Any items, too short, tight, or revealing will be confiscated until exit from the program.

- No spaghetti straps (except worn as an undergarment).
- No backless dresses
- No low-cut tops or cropped shirts that show waist area
- No jeans with holes
- Shorts- no more than 2-3 inches above knee
- Undergarments are required such as bras and panties
- Nothing with obscene language or pictures representing tobacco, drugs, or alcohol. Also, no clothing representing the occult or racism will be tolerated.

***Storage space is limited and you will be provided 20 hangers with your closet space and a drawer for clothing*

Dressy (for Church events)

- dress socks: 1
- dress shoes: 1

- toothbrush, toothpaste, dental floss
- hair brush/comb
- hair dryer, curling iron, straightener, etc.

- Journal
- Pens/pencils
- Envelopes/stamps

Casual (daily attire)

- jeans/slacks: 4-5
- shorts/capris: 4-5
- jacket: 1(Winter)
- tennis shoes: 1
- sandals/flip flops: 1
- sweat pants/shorts: 2
- bras/sports bras
- panties
- winter coat/boots: 1
- scarves/gloves/toboggans

- hair products (shampoo, mousse, etc.)
- bath soap/shower gel, lotion, etc.
- makeup
- perfume
- tampons, pads, etc.
- disposable razors

***We recommend you bring a limited amount of jewelry.*

Do NOT bring

- Cell phones
- Laptops, Ipads, games, etc.
- Drug paraphernalia of any kind/including lighters
- Pillows or sheets
- Weapons of any kind (including box cutters, scissors, straight razors, etc.

Sleepwear

- pajamas/night gowns: 2-3
- one piece swim suit
- bathrobe/house slippers

Other Items

- Daily devotional
- Bible

Personal care-hygiene items