



### Items to Bring

- Clothes to wear for 7 days. Personal storage space is limited to one cabinet measuring 30"x21"x66". Please bring **no more** than the following:
  - 7 Button-down Shirts
  - 10 T-Shirts/ long sleeve
  - 10 Pairs of assorted pants/shorts
  - 3 Pairs of Shoes (may also bring 1 pair of shower shoes or sandals)  
(Residents do their own laundry on their weekly scheduled laundry day)
- A pair of shoes for work and shoes for church. Shower shoes are recommended but not required.
- Stamps and Envelopes – Residents are not allowed to write or receive letters for the first 3 weeks, staff must approve immediate family member you want to correspond with.
- Personal Bible (optional) You will be provided with a Life Recovery Bible, which is an NLT version)
- Ink Pens and Highlighters
- Composition Books and Legal Note Pads (optional)
- 2 Towels and Washcloths (Residents are assigned 1 day a week for personal laundry)
- Toiletries (Soap, shampoo, toothbrush/paste, deodorant, razors, fingernail clippers, etc.)
- Spending Money (must be cash) for soda, snacks, etc. Residents are allowed to have \$10 a week. Any personal cash in excess of \$10 will be stored in the safe and distributed on the same day every week. We will stop at a convenience store one time each week.
- Valid ID. Any of the following: State or student ID, Driver's License, Copy of Birth Certificate or SS Card
- Twin size sheets, pillow, and Blanket
- 4-month supply of *pre-approved* medications (if applicable)

### Prohibited Items

- **Any** and **all** types of nicotine sources. We are a 100% tobacco & nicotine-free campus
- CD players, iPod, radios or any secular (non-Christian) music source
- All electronics. This includes Cellular phones, tablets, computers, smart watches (Cell phones will be store in a safe during your stay) and anything else deemed inappropriate by BCRC Staff
- Secular Magazines or books
- Any narcotic, mood, or mind-altering medications. This includes Benadryl, Caffeine Pills, Melatonin, and any OTC medication that advertises a "PM" as sleep aids are not allowed (Let staff know about all medications you wish to bring prior to arrival, including OTC)
- Weight lifting supplements – This includes protein powder, creatine, pre-workout, among others
- Energy Drinks (coffee is permitted and provided on a limited and reasonable basis)
- Debit/Credit cards (will be stored in the safe until program completion)

**Note: All personal business including medical appointments must be completed before entry into BCRC program. Phone calls and other arrangements should be finished prior to admission. We do not facilitate visits to medical doctors, eye doctors or dentists. If an emergency situation arises an ambulance will be called to take you to the emergency room at the nearest hospital.**