

CHRYSALIS CENTER WOMEN & CHILDREN PERSONAL ITEMS LIST

Acceptable Clothing:

We encourage women to bring enough clothes to last during the 3-4 months stay, but ask that you NOT bring EXCESSIVE amounts of clothing for you and your child/children.

Shirts/blouses	Socks/stockings
Casual slacks/jeans	Tennis shoes/dress shoes
Gym or exercise clothes	Underwear
Robe/nightgown/pajamas	Slippers/shower shoes
Coat/jacket /sweaters	Dresses
Leggings with tops to cover hips	

Please keep in mind that the clothing you bring should be appropriate for the season and different weather patterns we may experience during your length of stay here. In addition, all clothes will be CHECKED and WASHED on the day of arrival and prior To being stored in the patients room.

Authorized Personal Items:

Toothbrush	Curling/flat irons	Hair Conditioners
Toothpaste	Hand/body lotion	Fabric softener
Deodorant	Contact lenses	Hair dryer (hand-held)
Combs/brushes	Makeup	Fingernail clippers
Non-alcoholic mouthwash	Shampoo	Umbrella
Alarm clock	Electric shaver	Dental floss
Eyeglasses	Contact lens solution	Small radio
CD player	Towels/washcloths	Disposable Razors
Cigarettes	Laundry detergent	Envelopes/stamps

Women are allowed to have up to \$5.00 on their person at any given time. Any amount over \$5.00 must be signed in. All money will be kept locked in a secure area. Women are encouraged to bring quarters to be used in the pay phone. Personal phone calls will be allowed once the first two weeks' restriction has been lifted.

Prohibited Substances/Items Not Allowed:

- Q-tips unless dispensed by the medical staff
- Food of any kind
- Books, magazines - unless approved by staff

Pornographic materials of any kind

Mood-altering chemicals/alcohol/over-the-counter meds

Gambling paraphernalia

Weapons of any type

Liquid Bleach

Stereos, televisions, tape decks

Video cameras, cameras

CELL PHONES, pagers, beepers

Personal computers

Laptops, any electronics allowing internet access to include hand held games, etc.

Jewelry and Other Valuables:

Please **do not** bring valuables (example: expensive watches, necklaces, \$100 jeans/shoes, etc.) Some specific personal items will be kept in a locked designated area by staff. If extra cigarettes are brought in, packs must be unopened.

Please provide the Appropriate Children Items:

Seasonal clothes (**appropriate for the season**), bibs, towels/wash cloths, personal hygiene items, diapers, wipes, pull-ups, baby bathtub, **car seat/stroller combinations**, small toys (**age appropriate and not an excessive amount of toys**), children games, personal blanket, children books, puzzles, non-spill cups, thermometer, training pots. **No walkers or swings are allowed.**

Infant formula and WIC vouchers

Cribs and toddler beds are provided by the center. Please discuss questions about bassinets prior to admission.

Medications allowed: Over the counter-Cough drops, cough and cold medicine that does not contain alcohol. Milk of Magnesia, Tums or other antacids allowed.

Medical Supplies Needed for One Month:

Tylenol, Motrin, cough/cold medication

Women are NOT allowed to share items, so please make sure you have the necessary items for you and/or your children.