

Recommended Items

*In an effort to make integrating into Stonehenge Therapeutic Community easier, the following is a list of recommended items you may bring into the program. You do not have to have all of these items; however, we do have set **maximum allowable numbers** for those items that you do bring.*

Luggage

- 2 Suitcases or duffel bags
- 1 Purse

Self Care

- 2 Towels
- 2 Facecloths
- 1 Bottle of shampoo
- 1 Bottle of conditioner
- 1 Container of laundry soap
- 1 Container of fabric softener
- 1 ZipLoc freezer bag of makeup
- 1 ZipLoc freezer bag of hair supplies
- 1 ZipLoc freezer bag of self care products
- 1 Toothbrush
- 1 Tube of toothpaste
- 1 Container of mouthwash (non- alcoholic)
- 1 Hairdryer/straightener

Footwear

- 3 Pairs of outdoor footwear (sneakers, boots, etc)
- 1 Pair of indoor footwear (slippers, sandals, etc)

Money

- You must bring money for your Completion Fund, that is, enough money to pay for your transportation home (eg. bus fare, cab fare, train ticket, etc) when you leave the program. You could also bring an actual bus, train or flight ticket providing it doesn't expire prior to completion date.
- We also suggest a small amount of cash for weekly In-store (Canteen) purchases like gum, cigarettes, etc.

Clothing

- 15 Shirts of any kind
- 15 Pairs of socks
- 12 Pairs of underwear
- 7 Pairs of shorts/capris/skirts
- 7 Pairs of long pants (any kind)
- 7 Bras
- 3 Pairs of pajamas/bedwear
- 2 Hats (4 during winter)
- 2 Pairs of gloves
- 2 Seasonal coats
- 1 Bathrobe

Accessories

- 10 CD's (no homemade "burns")
- 5 Books
- 2 Picture frames
- 1 Travel mug
- 1 Picture album
- 1 Notebook/journal
- Pens/Writing Materials
- Envelopes/Stamps

PLEASE NOTE: Residents are allowed to bring the following items upon entering the program: cigarettes, phone cards, refills of prescribed medication and vitamins (vitamins must be in their original, sealed, unopened container).

Please contact the appropriate Admissions Coordinator at Stonehenge Therapeutic Community if you have any questions or concerns:

Women's Program	(519) 837-1470	x226
Men's Program	(519) 837-1470	x227