

## RECOMMENDED LIST OF REQUIREMENTS FOR MALES AND FEMALES:

| Males  | Females   |
|--|---|
| <p><b><u>Recommended Clothing:</u></b><br/>           10 x T-shirts/Vests<br/>           4x pairs of shorts, 5x long pants (jeans, cargo)<br/>           5x warm, long sleeved tops<br/>           1x plastic rain coat/ wet weather jacket<br/>           Warm jacket and vests for winter<br/>           Underwear &amp; socks<br/>           Beanie (winter) and gloves (winter)<br/>           Swimming shorts</p>   | <p><b><u>Recommended Clothing:</u></b><br/>           10 x T-shirts- <i>No skimpy, see-through or cropped tops please.</i><br/>           4x pairs of knee-length (3/4) shorts.<br/>           5x long pants (cargo pants/jeans are best)<br/>           5x warm, long sleeved tops<br/>           1x plastic rain coat/ wet weather jacket<br/>           Warm jacket and vests for winter<br/>           Underwear, socks &amp; bras<br/>           Beanie (winter) and gloves (winter)<br/>           Gym clothing<br/>           1 x full costume, goggles and swimming cap</p> |
| <p><b>NB: CASUAL CLOTHING, no smart clothes needed.</b><br/> <b>The winter is very cold, warm clothing and extra blankets will be necessary.</b></p>   |   |
| <p><b><u>Shoes:</u></b><br/>           Sandals or slops—2 pairs at least<br/>           Tekkies- for sport and work, -Boots- similar to hiking boots that cover ankles and Gum Boots.</p>  | <p><b><u>Shoes:</u></b><br/>           Sandals or slops—2 pairs at least<br/>           Tekkies- for sport and work<br/>           Boots- similar to hiking boots that cover ankles. Gumboots for wet weather.</p>  |
| <p><b><u>Toiletries:</u></b> (All items to be new/unopened and be packaged in clear containers and sealed where possible) No liquids containing alcohol.<br/>           Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo, shower gel, moisturiser and shaving equipment, sunscreen. No spray-on deodorants will be allowed..</p>   | <p><b><u>Toiletries:</u></b> (All items to be new/unopened and be packaged in clear containers and sealed where possible) No liquids containing alcohol.<br/>           Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo and conditioner, shower gel, Veet / wax strips, moisturiser, body lotion, sunscreen. Razors will be stored safely. <i>Minimal make up necessary, please keep it simple.</i> No spray-on deodorants will be allowed.</p>  |
| <p><b><u>Sleeping requirements:</u></b><br/>           1x Single Bed Duvet &amp; cover<br/>           1x warm blanket for winter only<br/>           2x single bed fitted sheets and pillows with pillow cases.<br/>           (New, sealed items preferable)</p>  | <p><b><u>Sleeping requirements:</u></b><br/>           1x Single Bed Duvet &amp; cover<br/>           1x warm blanket for winter only<br/>           2x single bed fitted sheets and pillows with pillow cases.<br/>           (New, sealed items preferable)</p>   |
| <p><b><u>Other items of importance:</u></b><br/>           Small trolley, i.e. Big Jim toolbox with a padlock (to keep essentials locked away)<br/>           Torch with spare bulb and batteries.<br/>           Laundry Bag<br/>           Coffee mug/ Enamel bowl/teaspoon – for personal use outside of meal times<br/>           Working gloves and plastic gloves for cleaning / washing dishes<br/>           2x bath towels and swimming towel<br/>           Water bottle and sun block factor 20 and higher and hat or cap for the sun<br/>           BIBLE- NKJV/NIV/ The Life Recovery Bible / Celebrate Recovery Bible / Spirit-filled Life Bible<br/>           Highlighters/ pens and pencils<br/>           A4 Hardcover notebook/ Writing pad/envelopes and Ring binder file x1 or 2.<br/>           2 x A5 soft covered books / journals<br/>           Girls: 1 x skipping rope</p> |   |
| <p><b>On arrival: please pack an OVERNIGHT BAG separate: PJ's, a change of clothes and toiletries or other essentials for the first night and next day.</b></p>  |   |

### What to leave behind:

- Please resist packing tremendous amounts of baggage. The items on the list are sufficient.
- You will not need trinkets, excess toiletries, clothing accessories, **cell phones** or wallets.
- No chewing gum or bubble gum will be allowed.
- No walkmans, MP3 Players and iPods will be allowed. Music may be played on portable radios except during quiet times. You may bring wholesome DVD's or Christian books if you wish to, at your own risk.
- Please refrain from bringing products containing alcohol. Only alcohol-free mouthwash will be allowed.
- Basic foodstuffs will be allowed upon arrival. Items such as coffee, sugar, milk powder, cereals, sweets, limited to 2 packets
- We reserve the right to confiscate any items or materials deemed inappropriate, which will be stored in safe-keeping.