

What to Bring List

Teen Challenge Kansas City Girls Academy

General Rules: *Knee length dresses/skirts/shorts. No writing, graphics, large logos (quarter sized). Nothing tight fitting, low cut, bare midriffs, spaghetti strapped. No cargo pockets, hoodies, yoga pants, or leggings.*

- _____ **2 Dress Shirts** (Blouse or Button up)
- _____ **2 Dress Outfits:** Dress, Jumpsuit, Skirt/Dress Shirt combo (Knee length or longer)
- _____ **5 Plain T-shirts or Casual Shirts**
- _____ **2 Plain Long Sleeve Shirts**
- _____ **2 Crewneck Sweatshirts**
- _____ **2 Cardigans**
- _____ **2 Lightweight Jackets (Jean/Rain/Wind/Zip-ups)** No Hoodies
- _____ **5 Pairs of BLUE or BLACK Jeans**
NO jeans with holes. Jeans cannot be overly tight or baggy. NO MEN'S CLOTHING IS ALLOWED. Make sure there is material to pinch.

- _____ **1 Pair of Black Dress Pants**
- _____ **1 Pair of Khaki Pants**
- _____ **1 Pair of Khaki Shorts**
- _____ **3 Pair of Black Gym Pants** (sweatpants or joggers)
- _____ **1 Pair Sweatpants or Basketball shorts, any color**
- _____ **4 Tank Tops**
- _____ **14 Pairs of Socks** (Only Solid Black and White and Gray)
- _____ **15 Pairs of Underwear** (NO G-STRINGS, THONGS, or CHEEKINIS allowed.)
- _____ **8 Bras** 4 Sports Bras minimum, 4 others can be regular or more sports bras. No lace, pushup, or sexy bras. (PE is 4 times a week)
- _____ **2 Pajama Sets** MUST be modest.
- _____ **1 Winter Coat (seasonal)**
- _____ **1 Navy Speedo style bathing suit** (SOLID SUPER PRO - PROLT)
- _____ **1 Swim Towel (seasonal)**
- _____ **1 Belt Black/Brown**
- _____ **2 Pair of Athletic Shoes**
- _____ **2 Neutral Dress Shoe** (Boot, Sandal or Heel with max heel 2.5")
- _____ **1 Black Slide on Shoe** (Vans, Toms, etc)
- _____ **1 Pair of Flip Flops**
- _____ **1 Winter Snow Boot**

PERSONAL ITEMS:

- _____ **1 Standard Pillow** (pillow case provided)
- _____ **1 Bottle of Laundry Detergent or Pods**
- _____ **1 Box of Dryer Sheets**
- _____ **30 White Plastic Hangers**
- _____ **1 Water Bottle** (at least 20 OZ) No Glass
- _____ **1 Throw Blanket** (Twin/Personal size)
- _____ **1 Bible:** NIV, NASB, New Living or Message translation Bible (Teen Study Bible recommended)

PERSONAL CARE ITEMS:

- _____ **1 Shampoo** (family size)
- _____ **1 Conditioner** (family size)
- _____ **2 Deodorant** (NO Aerosol Cans or mens)
- _____ **1 Body Wash**
- _____ **1 Electric Razor**
- _____ **1 Lotion**
- _____ **1 Toothbrush & Toothbrush Cover** (No Springs)
- _____ **1 Toothpaste** (family size)
- _____ **2 Bath Towel Sets** (bath and washcloth)
- _____ **1 Hair Brush/Comb**
- _____ **3 Tampons/Pads/Panty Liners** (Total of any combo)

OPTIONAL ITEMS:

- _____ **Chapstick**
- _____ **Dental Floss**
- _____ **Makeup Remover Wipes**
- _____ **Lipgloss** (no lipstick or matte lip color)
- _____ **Mascara** (Black or Brown)
- _____ **Tinted Moisturizer/CC Cream** (no foundation is allowed)
- _____ **Facial Powder** (No Mirror)
- _____ **Blush** (No Mirror)
- _____ **Hair Spray (Non Aerosol) and Hair products**
- _____ **Egg Crate/Mattress Topper for Twin Bed**
- _____ **Curling Iron/Flat Iron/ Blow Dryer** (2 allowed)
- _____ **Jewelry** (students are allowed to wear 2 sets of earrings (no cartilage piercings), 2 bracelets, 1 ring, 1 necklace, 1 analog watch (no alarms) at a time; no friendship bracelets)
- _____ **Headbands, Ponytail Holders**
- _____ **Nail Polish**
- _____ **Nail Clipper/File**
- _____ **Tweezers**
- _____ **Winter Hats/Beanie**
- _____ **Scarf and Gloves**
- _____ **Yarn for Crafts**
- _____ **CD Player with Headphones** (without an FM radio)
- _____ **Box of Envelopes (legal size)**
- _____ **1 Small Stuffed Animal (no bigger than 15")**
- _____ **CDs from Christian Artists**
- _____ **Photos of Family Only** (One small album. parents, siblings, grandparents)
- _____ **Markers or Gel Pens** (no click pens)

LABEL EVERYTHING WITH A PERMANENT MARKER

Please remember Teen Challenge Kansas City Girls Academy is not responsible for any lost, stolen, or broken items. Do not bring items that have a high value
If you have any questions, please call 816.924.6565.

Medications must have only one active ingredient (example: Sudafed must only contain Pseudoephedrine and not additional ingredients such as pain or fever reliever). The following medications and supplies are needed to restock community supply:

_____ **Band Aids**

_____ **Tums**

_____ **Neosporin**

_____ **Fiber One (small)/ Tablets preferred**

_____ **Sun Block SPF 60**

_____ **Pepto-Bismol**

_____ **Delsum (non drowsy)**

_____ **Sudafed**

_____ **Tylenol**

_____ **Mucinex DM**

_____ **Ibuprofen**

_____ **Cough Drops**

_____ **Benadryl**

Do Not Bring Any Of The Following:

- Tobacco, Cigarettes, Alcohol, Vapes, CBD, Etc.
- Music (Secular)
- Ipod, Radio, Tablet, Laptop, Cell Phone, Mp3, Player, Beats, Iwatch, Etc
- Mirrors
- Literature, Books, Devotionals, Sketch Pad, Used Journal, etc.
- Pictures Or Letters From Friends Or A "Significant Other"
- All Piercings Removed (Excluding Ears)
- Any Item/Gift To Or From Boyfriend
- Artificial Nails Must Be Removed