

What to Bring List  
( what *not* to bring)

New resident are encouraged to bring the following items to First Step Farm:

- Work clothing & work shoes/boots
- Clothing suitable for attending outside 12 step meetings, or religious services
- Outerwear appropriate for the season (warm jacket, hat, gloves, poncho, etc.)
- Appropriate undergarments
- Clothes hangers
- Laundry detergent/supplies
- Personal hygiene products ( 1 mo. supply)
- Medications
- Bath towels, facecloth
- Pens/pencils, writing material ( for daily journal), stationary
- Alarm clock
- Watch
- Two forms of identification (state I.D. & Social Security Card preferred)

The following items are *optional*:

- Bottled Water (we have well water)
- Extra bed linens (twin size)
- Extra pillow
- Hobby/craft supplies for personal recreation
- Snacks, drinks for personal use
- Phone card for long-distance calls
- Cleaning supplies for dormitory bathroom
- Spending money (not more than \$50)
- Books, radio, personal CD player ( must have headphones, if portable)
- Tobacco products

**DO NOT** bring the following items:

- Any product containing alcohol
- Unlabeled medications
- Clothing promoting alcohol or other substances
- Weapons/knives
- No bicycle, skateboard, scooter, etc.
- Personal vehicles cannot be kept on FSF property
- No electronic communicating devices used on FSF property.

