

Restricted Items

Bringing any of these items on property can result in immediate dismissal

- **Drugs/drug paraphernalia, tobacco or alcohol (any form)**
- **Unauthorized medications, vitamins and/or pills of any kind**
- **Knives guns, or weapons**
- **Pornographic material of any kind (even on T-Shirts)**
- **Credit cards, debit cards, checkbooks (phone cards permitted)**
- **Personal vehicles**
- **House or car keys**
- **Personal electronic devices such as but not limited to cell phones, laptops, tablets and mp3 players**
- **Cameras, books or literature**
- **Jewelry or valuables**
- **Rings or studs of any kind in any body piercings; women permitted 2 pairs of earrings**
- **“Skinny jeans,” bikini or see through underwear, short shorts, revealing/low cuts blouses or sweaters**
- **Scissors or any sharp objects**
- **White-out correction fluid or aerosols**
- **Racial or political hairstyles or apparel (conservative hairstyles and clothing only)**
- **Non-flushable wipes**



Congratulations! You are about to embark on a journey that will change your life completely - forever.

Committing to treatment is not an easy decision and admittedly this program will be challenging. But, if you agree to the help that is provided to you, if you absorb the information presented to you and if you heed the direction given, we can assure you that you will not leave the same as you came.

We have decades of experience treating our clients with the most stubborn of addictions. Our program works, and it will work for you too, if you work it.

We look forward to serving you!

PO Box 250
Johnstown, PA 15907
(814) 536-2111

penielda@aol.com
www.peniellrehab.com
facebook.com/PeniellRehab

If you have any questions, please call ahead, we are here to assist you.

Pack responsibly!
Peniel is not responsible for lost or stolen items.



Permitted and Restricted Items



A Helpful Guide For Admission

Women's Approved Clothing List

Undergarments / Sleepwear

- 20 Undergarments
- 20 undershirts/cami's/bras
- 3 slips
- Unlimited pantyhose
- 1 robe - knee length or longer (mandatory)
- 3 pajamas or nightgowns

Tops

- 10 tee shirts/casual dress shirts
- 8 blouses/dress shirts
- 5 sweaters/sweatshirts

Dresses & skirts

- 5 dresses (knee length or longer)
- 3 skirts (knee length or longer)

Pants

- 5 pairs of dress slacks
- 10 pairs of jeans/casual/sweat pants
- 5 pair knee length short's or capri's
- 2 belts

Footwear

- 3 pairs of dress shoes
- 1 pair of work sneakers
- 1 pair of sneakers
- 2 pair of boots (1 dress)
- 1 pair of slippers
- 1 pair of shower shoes (mandatory)
- 14 pairs of socks

Outerwear

- 2 coats (1 casual & 1 dress)
- 1 Light jacket
- 1 Hat
- 1 pair of gloves
- 2 Scarves
- 1 Pair of sunglasses



Permitted Items

For Both Men & Women

Please note: Number of items listed is the limit. Please pack all items in duffel bags and clearly mark each item with your initials.



Mattress cover (mandatory)

- 1 Pillow
- 4 Pillow cases
- Twin size blanket
- 3 sets white twin sheets
- 2 framed pictures
- 3 packs of razors or electric razor
- Plastic clothing hangers
- Deodorant
- Toothbrush
- Toothpaste
- Mouth wash (alcohol free)
- Shampoo & conditioner

Specific to Men:

- Shaver's bag
- Hair clippers
- Athletic Supporter
- Wedding band
- Watch

- 4 bars of soap or 1 container of body wash
- Lotion/face cream
- Hair products
- Hair brush & comb
- Shoe polish kit
- 2 Towels and 2 cloths
- Laundry detergent
- Laundry bag (mandatory)
- 2 lb. Limit hard candy in original sealed packages
- 3 packs of gum
- See-through water bottle
- Bible
- Concordance
- Pens/pencils
- 4 highlighters
- 2 Three-ring binders
- Notebook
- Loose leaf paper
- Stationery, envelopes & postage stamps

Specific to Women:

- Blow dryer & Curling iron
- Cosmetics
- Modest inexpensive jewelry
- Perfume
- Feminine products
- Wedding Band
- Watch

Some items will be stored in the dorm office (i.e. perfume, cologne, etc.)

Bring only dryer friendly clothes; all garments items will be heat treated.

Men's Approved Clothing List

Undergarments/Sleepwear

- 15 pairs of underwear
- 10 undershirts (ex.: A-shirts)
- 1 robe - knee length or longer (mandatory)
- 3 pajamas
- 3 thermals/long johns

Tops

- 10 t-shirts/casual shirts
- 10 dress shirts
- 5 sweaters

Dress wear

- 3 sports coats/suits
- 8 neck ties
- 2 tie clips

Pants & shorts

- 10 pairs jeans/casual/sweat pants
- 6 pairs of dress pants
- 5 pairs of shorts (knee length)
- 2 belts (required with pants)

Footwear

- 2 pairs of sneakers
- 5 total pairs of shoes (2 work & 3 dress)
- 1 pair of boots
- 1 pair of slippers
- 1 pair of shower shoes (mandatory)
- 12 total pairs of socks - work/white/dress

Outerwear

- 1 overcoat/light jacket
- 2 coats (1 casual & 1 dress)
- 1 pair of gloves
- 3 hats/caps
- 1 pair of sunglasses

Peniel is not responsible for damage to clothing items.