



House Regeneration

Plot 358 Sakabuka Avenue
Derdepoort, Pretoria

Reg No.: 2010/063704/23

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LIST OF REQUIRED ITEMS

General:

- A Steel trunk for safekeeping of personal items, **with own lock and key**:
 - Size: 28 x 700mm / 600mm
 - **Bible: New King James or Amplified (if possible)**
 - Journal (note book) for daily use (Quiet time)
 - A4 Hardcover book for counselling
 - Exam pad (with punched holes for easy filing, alphabet dividers) file with ring holes, and basic stationary (pens, pencil, highlighters, ruler, eraser)
 - Clipboard (for the boys)
 - Torch
 - Alarm Clock
 - Hobbies are encouraged; any musical instruments, paints & paint brushes and canvas, wood carving, puzzles, games etc.
 - Knitting needles, crochet needle and 4 rolls of wool (Any colour or thickness) (for the girls)
 - Cloth pegs (for washing line)
 - Washing powder
 - 2 X Dishcloths & dish sponge
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Bedding and Cutlery:

- Bedding (pillow, sheet(s), blanket(s) and or duvet)
 - Towels (shower and swimming)
 - Hot-water bottle
 - Cutlery (Knife & Fork, Spoon, Teaspoon) – *Note that 5 (five) sets of plastic cutlery is required for the duration of TLC for safety purposes*
 - Coffee mug, white plate, white porridge bowl
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Groceries

When the students book in they are allowed an initial and once-off chance to bring in coffee, tea, sugar, milk powder, 6 toilet rolls, washing powder, stay soft, bleach, Tabard and any other personal toiletries. Thereafter all necessities must be bought from the Jabez Tuck Shop.

NOTE:

NO groceries/toiletries may enter the premises from outside during your stay.

Toiletries

- Soap
 - Shampoo & Conditioner
 - Brush
 - Razor
 - Wash cloth
 - Sanitary pads / tampons (Girls)
 - Roll-on Deodorant **only**
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Standard Medication

- Prescription Medication MUST be accompanied by the ORIGINAL prescription
 - Empty ice-cream container or Tupperware holder, with name and surname on the lid written with a permanent marker, containing:
 - 2 x Multi Panel Drug Test's (There after a student will be required to bring a drug test with after each off premises visit)
 - Elastoplast and a little cotton-wool
 - Valoid or medizine (for nausea)
 - Buscopan (or alternative) for stomach cramps
 - Loperamide (or alternative) for diarrhea
 - Flue medication, ACC200
 - Panado's
 - Brufen for girls' menstruation pain
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Clothing:

Daily uniform:

- 3-4 Black Shorts (Bermudas)/skirts (skirts must not be shorter than 4 fingers above the knee)
- 3-4 Black short-sleeve/sleeveless T-shirts
- 2 Black jeans / Long trousers
- 3-4 Black Long-sleeve tops (warm tops)
- Black school jersey with v neck
- 1 Black wind-breaker with hood
- 5 Pair black socks
- 1 Pair black Crocs (Imitation is fine)
- 1 Pair trainers/running shoes
- 1 Pair sandals
- Girls: Sun-hat with broad rim
- Boys: Hat/Cap
- Bathing suit
- Tracksuit (black)
- Gym clothes or tracksuit
- Girls Only: Must have a beige or white dress or skirt and white top for Church (No See through or tight fitting clothes)

NB: All Black Clothes must be plain black – no logo's or images