



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, paintbrushes and canvas, woodcarving, puzzles, games etc.
 - Knitting needles, crochet needle and 4 rolls of wool (Any colour or thickness) (for the girls)
 - Clothes Pegs/Laundry Pegs (for washing line)
 - Washing powder
 - 2 x Dishcloths and 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)
 - **Please Note: Five (5) 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 opportunity to bring in 6 toilet rolls, washing powder, stay soft, 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 every off-site visit)
 - Elastoplast and a little cotton-wool
 - Valoid or Medizine (for nausea)
 - Buscopan (or alternative) for stomach cramps
 - Loperamide (or alternative) for diarrhoea
 - Flue medication, i.e. ACC 200 (No medicine containing ephedrine allowed, i.e. Nurofen Cold and Flu, etc.) - Ask the office for a more comprehensive list
 - Panado's
 - Brufen for Girls' Menstruation Pain
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Clothing

➤ **Daily uniform:**

- 3-4 Black Shorts (Bermuda's)/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) and/or Gym Clothes
- 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 logos or images