



House Regeneration

Plot 358 Sakabuka Avenue
Derdepoort, Pretoria

Reg No.: 2010/063704/23

Phone: 087 702 3650
012 808 0527

E-Mail: info@hr7.co.za

LIST OF REQUIRED ITEMS

This is a guideline for a one-year programme. You are welcome to bring the student in with the basics and then as time and finances allows, the rest of the items can be supplied. *This is only a guideline and should never make you feel that you must supply all these items.* **The most important thing is that our uniform is black.** *The reason being that the only label a student have in House Regeneration is that they are a Christian. Clothes, money, and economical background should not be a reason for one to esteem themselves above others.*

General

- Three Locks with spare keys for the student's trunk, etc. with a lanyard/piece of string to allow the student to keep the keys around his/her neck (spare keys to be handed in at the office)
- A steel trunk for safe keeping of personal items:
Recommended size: 28 x 700mm / 600mm (This can be purchased at Builders or West Pack - this is used to store the student's tuck shop and any other items that need safe keeping)
- **Stationery:**
 - An English Bible is recommended but please bring what you have - if the student does not have one, we recommend you purchase a NIV/NKJ or Amplified Bible
 - Bible study resource i.e., concordance, reference or topical study guide is recommended but optional
 - Journal (notebook) for daily use (Quiet time)
 - 2 x A4 Hardcover book for Counselling (Once-off)
 - 4 x Exam Pads (with punched holes for easy filing) (Once-off)
 - File dividers
 - Lever Arch File
 - Basic stationery (pens, pencil, highlighters, ruler, eraser) (Once-off)
- Torch with spare batteries
- Wristwatch and/or Alarm Clock (No clock radios, Smartwatch or USB functionality allowed)
- Clothes Pegs/Laundry Pegs (for washing line)
- 1 x 2kg Washing powder for an automatic washing cycle
- 2 x Dishcloths and dish sponge
- Mosquito Net (for summer times only) and/or mosquito repellent - **No cannister allowed**, only roll-on or lotion
- Gloves for gardening
- Optional but highly recommended:
 - Hairdryer (for the girls)
 - Hobbies are encouraged:
 - Any musical instruments, paints, paintbrushes and canvas, woodcarving, puzzles, games, etc.
- **No secular books allowed** - Christian books must be to enable growth - no story books
- Knitting needles, crochet needle and 4 rolls of wool (Any colour or thickness) (**for the girls**), Pritt and Pritt Ponal glue or similar - this is not critical for intake but must be provided for use on the programme

Bedding and Cutlery

- Bedding for a **single bed**
 - Pillow and pillowcase
 - Fitted sheet
 - Flat sheet
 - Duvet and/or Blanket
- 3 x Towels (2 x shower and 1 x swimming)
- Hot Water Bottle (optional for the winter)
- Plastic/Steel water bottle. Optional for the winter, a Hot water flask
- *Steel Cutlery (Knife, Fork, Spoon and Teaspoon) **This can be provided only when the student reaches Top House but is compulsory for the phase***
- Please Note:** Five (5) sets of Plastic Cutlery is required for the duration of TLC for safety purposes
- Plastic Coffee Mug, Plate and Porridge Bowl for TLC Phase
- Ceramic Coffee Mug, Plate and Porridge Bowl - ***This can be provided only when the student reaches Top House but is compulsory for the phase***

Groceries

NO Glass containers allowed

When the student book in they **are allowed an initial and once-off** opportunity to bring the following in:

- A maximum of 18 toilet rolls
- 1 x 2kg Washing powder
- 1 x Dishwashing liquid
- 1 x Stay soft
- Sun Screen
- 1 x 750 g Coffee Tin, 2 x 375g Cremora and 1 x 2kg Sugar - **Any Glass containers will be held back until student moves to Top House**
- Tabard (**lotion or roll-on only** - no products that you need to plug in, or spray cans allowed)

Thereafter, all necessities must be bought from the @Times Tuck Shop. The student will not be allowed to enter with sweets and snacks

Heroin addicts and Alcoholics ONLY are advised to bring in 12 Powerade or Energade drinks to assist the student during withdrawals.

NOTE:

NO groceries may enter the premises from outside during your stay or during admission.

Toiletries

- 2 x Soap
- 2 x Shampoo and Conditioner
- Brush
- 5 x Razor (Electric Preferred for the men)
- Washcloth
- Sanitary pads/tampons (Girls)
- 2 x Toothpaste and toothbrush
- 2 x Roll-on Deodorant **only and NO GLASS**
- **No products containing alcohol or spray can products allowed**

NOTE:

NO toiletries may enter the premises from outside during the student's stay.

Standard Medication

You can request the office to source this over-the-counter medication for you directly from the pharmacy

- **Prescription Medication MUST be accompanied by the ORIGINAL prescription**
- **Heroin addicts must bring their own Methadone**
- Empty ice-cream container or Tupperware holder, with name and surname on the lid written with a permanent marker, containing:
 - Elastoplast and cottonwool
 - Valoid or Medazine (for nausea)
 - Buscopan or Hyospasmol (for stomach cramps)
 - Loperamide or Immodium or Lomotil (for diarrhea) and Rehydrate or similar
 - Immune Booster, i.e., Airmune
 - Flu medication, i.e., ACC 200, Famucaps, Echinacea (**No medicine containing ephedrine allowed, i.e., Nurofen Cold and Flu**) - Ask the office for a more comprehensive list
 - Panado's / Mypaid forte
 - Neurofen or Brufen for Girls' Menstruation Pain
 - **No medication containing codeine or opioids will be allowed without a prescription**
 - Rehydrate
 - No medicine or cough syrup containing alcohol will be allowed

Clothing

- **Daily uniform:**
 - 3 - 4 Black Shorts
 - 3 - 4 Black Shorts/Skirts (Shorts/Skirts for the ladies 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 Jersey
 - 1 Black Windbreaker with Hood
 - 5 Pair Socks (any colour)
 - 2 Pair Trainers/Running Shoes (Any Colour)
 - 1 Pair Sandals (Any Colour)
 - Girls: Sunhat with broad rim
 - Boys: Hat/Cap
 - Bathing suit
 - Tracksuit (Black) and/or Gym Clothes
 - Sleepwear (Any Colour)
 - Sufficient underwear
 - Girls Only: **Must have a Beige or White Dress or Skirt and White top for Church (No see-through or tight-fitting clothes)**

NOTE:

All Black Clothes must be plain black - no logos or images