

WHITE HORSE RANCH

Cowgirl Guide to Ranch Living

Revised: 10/16/2020

Clothing Items

5-7 pairs of jeans or pants	10 T-shirts
5 Pairs of Shorts (<u>hand-length above knee</u>)	1 pair dress pants, if desired
2 bras (<u>can have under wire if plastic & non-metal</u>)	2 dress shirts
5-7 pairs of underwear, <u>no thong or G-string</u>	1-3 dresses, if desired
7-10 pairs of socks	1 pair Cowgirl boots (no steel toe)
1-2 pair tennis shoes	1 pair house shoes
3 pair pajamas (<u>nothing revealing</u>)	1 pair of gloves (work gloves or winter gloves if desired)
1-2 hoodies	1 stocking cap, seasonal
1 heavy coat, seasonal	1 light jacket
3 modest tank tops	

Miscellaneous

Good attitude	Bible &/or devotional books
1 month supply of all prescribed Meds	Stationary, envelopes, stamps
1 bottle of Sunscreen (if needed, seasonal)	<u>Alcohol-free</u> beauty products
Plastic Water Bottle (no aluminium or metal)	Toothbrush & toothpaste (<u>non-electric</u>)
Sanitary pads or tampons (<u>no pantyliners</u>)	Hair Straightener/Blow Dryer
5 Spiral single-subject notebooks	3 Writing journals
Ponytail Holders (<u>without metal</u>)	Pre-Paid \$10.00 Calling Card (Family Therapy)
3-5 pictures <u>small photo album (no frames)</u>	Shampoo & Conditioner
<u>Electric</u> razor - no batteries (*kept at Tech Station)	Liquid Body soap (no bars of soap)
Markers/Colored Pencils (<u>No Permanent Markers</u>)	Lotion
Pens and Pencils	Make-up (if desired, kept @ tech station until level 2)
2 bottles of HE laundry detergent (<u>high efficiency type only, NO PODS</u>)	
Over the counter Tylenol, Midol, Advil etc. (40 count or less, 325 mg or less)	

Academic & Health Records

Birth Certificate & Immunization Records	Social Security Card
SoonerCare Card (Prescriptions Only)	Proof of Guardianship/Custody/Adoption (if applicable)
School Transcript or Academic Withdraw Form from last school enrolment	
Social Security Number & Date of Birth of Custodial Parent or Guardian	

What Not to Bring

Negative attitude	Cell phones	Personal bedding, blankets or pillows
Boyfriends	Mouthwash	Products containing alcohol
Stuffed animals	Cigarettes	Lighters or matches
Razors or Nair	Illicit Drugs	Any Drug Paraphernalia
Aerosol spray cans	Candy items	Food items
Nail Polish (may use on Level 3)	Belts (including robes)	Q-tips