

WHAT DO I NEED TO BRING???

The Voice In The Wilderness Mission

1.) WARM COMFORTABLE CLOTHING

For a ten-day stay, washing is available if needed \$5.00ea. load wash & dry but we do encourage you to bring a ten-day supply.

2.) WATER SHOES

(FOR STEAM BATHING)

3.) BATHING SUIT

(FOR STEAM BATHING)

4.) WARM LONG HEAVY ROBE

(FOR STEAM BATHING)

5.) SHOWER CAP

(FOR STEAM BATHING)

6.) WARM NIGHT WEAR

7.) PERSONAL ITEMS NEEDED FOR TEN DAYS

8.) FLASHLIGHT

9.) PEN & NOTEBOOK

10.) PERSONAL READING OR CRAFT

11.) ANY RECENT BLOODWORK

(WITHIN THE LAST SIX MONTHS)

12.) MEDICATIONS

(PLEASE BRING ALL OF YOUR MEDICATION, AND A SUPPLY FOR TEN DAYS.

PLEASE NOTE IF WE HAVE TO GO TO THE PHARMACY TO PICK UP PRESCRIPTIONS FOR YOU, THERE IS A \$20.00 PICK-UP FEE, PLUS THE COST OF YOUR PRESCRIPTION (PLEASE NOTE YOU CAN USE YOUR HEALTH INSURANCE CARD BUT IT MAY NOT BE ACCEPTED IN ANOTHER STATE OR PHARMACY)

13.) DIABETICS

PLEASE BRING YOUR BLOOD SUGAR TESTING METERS WITH YOU, AND A SUPPLY OF TESTING STRIPS FOR TEN DAYS (NOTE YOU WILL NEED TO CHECK YOUR SUGAR OFTEN) BRINGING YOUR METER & STRIPS WITH YOU SAVES YOU THE EXTRA BLOOD SUGAR TESTING FEE OF \$65.00 PLEASE NOTE IF WE HAVE TO GO TO THE PHARMACY TO PICK UP TESTING STRIPS FOR YOU, THERE IS A \$20.00 PICK-UP FEE, PLUS THE COST OF YOUR TESTING STRIPS (PLEASE NOTE YOU CAN USE YOUR HEALTH INSURANCE CARD BUT IT MAY NOT BE ACCEPTED IN ANOTHER STATE OR PHARMACY).

14.) PHONE CARD

CELL PHONES DO NOT WORK IN OUR LOCATION. THE PHONE NUMBER THAT FRIENDS AND FAMILY CAN REACH YOU AT IS 413-743-3025 THIS IS OUR GUEST LINE NUMBER

ANY QUESTIONS PLEASE CALL

PHONE # 413-743-9743

NOTE: Please, the below items we ask you do not bring with you, NO pets, Illegal drugs, TV's, loud music, guns.

PLEASE BRING ALL OF YOUR PERSONAL NEEDS AND ENOUGH FOR TEN DAYS. WE ASK THAT ONCE THE PROGRAM HAS STARTED THAT YOU STAY ON GROUNDS DURING THIS PROCESS.