PRISONTOK GIRLIES

PTG Guide 03

VISITATION GUIDE

getting there, getting through, getting home ♡

Visits can be the highlight of the month and the hardest four hours of it. Here is how to prepare, what to expect, and how to care for yourself afterward.

TWO WEEKS BEFORE

- ♡ Confirm you are on the approved visitor list — this can take weeks to process.
- ♡ Read the facility's current visitation page. Rules change constantly.
- ♡ Book your slot the moment scheduling opens; popular days fill fast.
- ♡ Plan travel, gas, tolls, and where you will sleep if it is a long drive.

DRESS CODE BASICS

- ♡ Most facilities ban: sleeveless tops, low necklines, leggings, shorts above the knee, sheer fabric, underwire, hoodies, and anything gray, khaki, orange, or denim-on-denim.
- ♡ Bring a modest backup outfit in the car. You will thank yourself.
- ♡ Keep jewelry minimal. Expect to remove it anyway.

WHAT TO BRING

- ♡ Government-issued photo ID — non-negotiable.
- ♡ A clear bag or nothing at all; most lockers take quarters.
- ♡ Quarters or a vending card for snacks, if allowed.
- ♡ Leave your phone in the car. Assume you cannot bring it in.

BRINGING CHILDREN

- ♡ Bring their birth certificate or required documentation.
- ♡ Prepare them honestly and simply for the metal detector, the wait, and the rules about touching.
- ♡ Pack a snack and a small comfort item for the car ride home.

DURING THE VISIT

- ♡ Arrive early. Processing takes longer than the posted time.
- ♡ Follow officer instructions exactly, even when it feels unfair — the visit is what is at stake.

- ♡ Lead with presence, not problems. Save one hard topic for the end if you must.
- ♡ Say the thing you would regret not saying.

THE DRIVE HOME

- ♡ The crash afterward is normal. Plan for it.
- ♡ Do not schedule anything demanding that evening.
- ♡ Write down three moments you want to remember before they blur.

YOUR NOTES

write it out, girlie ♡

What I want them to feel at this visit...

What I need to say out loud...

How I will take care of me afterward...

However the visit goes, you showed up. That is love with its shoes on.

♡