

Rimrock Adult Residential Treatment Clothing/Packing Guide

This packing guide will adequately prepare you for program activities

IMPORTANT

Please bring a list of the patient's primary care physician, counselor, etc., AND their full names, addresses and phone numbers.

Five or six changes of casual wear:

- Slacks
- Socks/long-sleeved sweater or sweat-shirt (air conditioning can be quite cold)
- Shirts, blouses or t-shirts
- Pants/jeans
- Casual Shoes
- Capri or knee length shorts

Nightwear:

- Pajamas
- Sweats
- Slippers

Outerwear appropriate for season and/or outdoor activities:

- Hat/Gloves/Scarf
- Warm socks
- Sweatshirt
- Coat

Recreation/Leisure Activities:

- Workout clothes, shorts or sweats
- (Close-toed) tennis or gym shoes required
- Sweats

Participation in exercise and fitness requires gym clothing.

Spending Money:

Some cash for incidental expenses, which includes some selected recreational activities, toiletries, cigarettes and pop. We recommend you allow about \$45 minimum in 5's and 10's for activities. An ATM machine is available in Room 109.

Cell Phone:

Your only access to personal calls will be via a personal cell phone which will be locked up when not in use to prevent theft. If you wish to make phone calls, you must have a cell phone.

Prescription Medications:

Bring all your medications with you in the original labeled bottle from the pharmacy. Any over-the-counter medications you bring need to be in an unopened container.

Inappropriate Clothing/Jewelry:

Tight fitting or revealing clothing are not allowed. You will be expected to remove inappropriate clothing or jewelry. Staff have final say in determining appropriate clothing.

Do Not Bring:

- Radio/Tape Player/Ipod
- Products in aerosol spray containers (Denatured alcohol only)
- T-shirts that mention liquor or tobacco products or hard rock music
- Tank tops/crop tops
- Reading material
- Mouthwash
- Any alcohol-based sprays or mouthwashes Denatured alcohol only)
- Cameras

Items To Bring:

- Hair dryer
- Cell Phone
- Non-aerosol toiletries (pump dispensers only)

Bring your own personal hygiene articles (alcohol-free), such as shampoo/conditioner, toothpaste/toothbrush, body soap, feminine hygiene products in unopened box, etc. **Haircuts are not allowed during treatment.**

You must also bring your own cigarettes in unopened packaging.