

Rimrock Inpatient Clothing/Packing Guide

IMPORTANT

Please bring a Photo ID, immunization records, 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/jeans/pants- loose fitting and intact
- Socks/long-sleeved sweater or sweatshirt (air conditioning can be quite cold)
- Shirts, blouses, t-shirts, tank tops (3in straps or as undershirts)
- Casual shoes
- Capris or Shorts- **Below the knee**

Nightwear:

- Pajamas, sweats, slippers

Outdoor/weather appropriate wear:

- Hat/gloves/scarf/coat/sweatshirt
- Boots
- Warm socks

Recreation/leisure activities:

- Workout clothing
- Shorts/sweats
- Headphones
- (close-toed) gym shoes **required**
- **Participation in exercise and fitness requires gym clothing.**

Items to bring:

- Hair dryer/curling iron
- Non-aerosol toiletries (pump dispensers only)
- Personal hygiene products (alcohol-free), such as shampoo/conditioner, body soap, toothpaste/toothbrush, etc.
- Feminine hygiene products
- Alarm clock *optional*
- **Haircuts are not allowed during treatment**

*** You may bring **some cash**, for incidental expenses, which includes some selected rec activities, toiletries and pop. We recommend adults allow \$20 per week. You may cash checks or access the ATM machine in Room 109.

Prescription Medications:

Bring all of 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.

Do NOT Bring:

- Products in aerosol spray containers
- Alcohol-based sprays or mouthwashes (denatured alcohol only)
- Oil products of any kind
- Perfumes, body sprays or cologne
- T-shirts that mention liquor or tobacco products, gambling, or drug references
- Reading materials (Exception: Bible and 12-Step book)
- Cell Phones, cameras ,laptops, iPods/CD players/Radios
- Any musical instruments
- Cigars/pipes

Inappropriate Clothing/Jewelry:

- You will be expected to remove inappropriate clothing or jewelry.

Packing List for Patients Admitted to the Eating Disorder Program

Acceptable:

- Loose pants/capris with elastic waistband (i.e. knit, sweats, lounge pants, running pants)
- Long and short sleeve t-shirts
- Shorts/skirts at or below the knee with elastic waistband

Non-acceptable:

- Jeans/pants with buttons, snaps, drawstrings or an open fly (ex: scrubs)
- Tank tops/crop tops
- Spandex
- Tight-fitting or revealing clothing including v-necks