

Rimrock Foundation
**Clothing/Packing Guide for
Inpatient Treatment**

**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
- Casual Shoes
- Jeans – loose fitting and intact

Nightwear:

- P.J's (required)
- Robe (required)
- Slippers
- Sweats

Outerwear appropriate for season and/or outdoor activities:

- Hat/Gloves/Scarf
- Warm socks
- Sweatshirt
- Ski pants

Recreation/Leisure Activities:

- 1-piece, non-revealing swim suit/swim cap
- Workout clothes, shorts or sweats
- Tennis or gym shoes required
- Sweats

Participation in exercise and fitness requires gym clothing.

Adolescents:

School supplies needed for current school courses, e.g., a calculator for math class. No large equipment such as computers.

Adolescents are allowed \$20.00 per week for incidentals and recreation expenses.

Prescription Medications:

Bring a list of all current medications, dosage, name of prescriber and fill date.

Inappropriate Clothing/Jewelry:

Tight fitting or revealing clothing are not allowed. Facial jewelry such as nose/tongue/eyebrow rings are not permitted. You will be expected to remove inappropriate clothing or jewelry. Shorts may be worn only for gym time.

Do Not Bring:

- Radio/Tape Player/Ipod
- Products in aerosol spray containers
- T-shirts that mention liquor or tobacco products or hard rock music
- Tank tops/crop tops
- Reading material
- Mouthwash
- Any alcohol-based sprays or mouth-washes
- Shorts permitted only during gym time
- Cell Phones/Cameras
- **Chewing Tobacco**

Items To Bring:

- Hair dryer/curling iron
- Phone Card
- Non-aerosol toiletries (pump dispensers only)

Bring your own personal hygiene articles (**alcohol-free**), such as shampoo/conditioner, toothpaste/toothbrush, body soap, etc.

In order to **avoid excessive charges on your phone card**, please purchase a card through your long-distance phone carrier. Store bought cards only last for approximately three 10-minute calls.

Some cash for incidental expenses, which includes some selected recreational activities, toiletries, cigarettes and pop. We recommend you allow about \$20 per week. You may cash checks in Room #109.

**Clothing/Packing List for Patients
Admitted to the Eating Disorder Program**

Non-Acceptable Clothing:

- Jeans or pants with buttons or snaps
- Tank tops
- Spandex
- Tight fitting or revealing clothing (including v-necks)
- Pants with draw-strings and/or an open fly (sweats, hospital scrubs, wind and running pants)

Acceptable Clothing:

- Loose pants with elastic waist-bands (i.e., knit pants, lounge pants, sweat pants, running pants)
- Capri pants with elastic waistband that hit at or below the knees
- Long and short sleeve t-shirts
- Shorts at a length at the knee (this will be worn for recreation or for sleeping)
- Bib-overalls
- Skirts at or below the knees with elastic waistbands