



Adolescent Residential 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:

- Jeans/pants- loose fitting and intact
- Socks/long-sleeved sweater or sweatshirt (air conditioning can be quite cold)
- Shirts, blouses, t-shirts
- Casual shoes

Nightwear:

- Pajama Top (required)
- Pajama Bottom (required)
- Slippers
- Sweats

Outdoor/weather appropriate wear:

- Hat/gloves/scarf/coat/snow pants
- Boots
- Warm socks

Recreation/leisure activities:

- Workout clothing
- Shorts/sweats
- Headphones
- Gym shoes (close-toed) **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, toothpaste/toothbrush, body soap, etc. (all products must be unopened)
- Feminine hygiene products

***You may bring **limited cash**, for incidental expenses, which includes toiletries, stamps, etc. We recommend adolescents allow \$3-\$5/week. You may cash checks or access the ATM machine in Room 109.

*Rimrock is not responsible for lost or stolen items. Please bring only necessities

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)
- No drug/alcohol/gang referencing or related clothing/materials
- Solid blue or solid red shirts
- Tank tops/crop tops
- 1-2 treatment appropriate books. (will not be given to client until approved by counselor/program supervisor)
- Cell Phones
- Cameras
- Laptop Computers
- iPods/CD players/Radios
- **Haircuts are not allowed during treatment**

Tight fitting or revealing clothing are not allowed. Shorts may be worn only for gym time. You will be expected to remove inappropriate clothing or jewelry.

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