RIMROCK
LEADING ADDICTION TREATMENT

Adult Packing List

Any unapproved items brought to treatment will be packed in your suitcase until you leave. Rimrock is not responsible for any lost, stolen or damaged items.

While you are in treatment, we want to avoid any unnecessary distractions. Therefore, you will not be able to access your cell phone. Please write down any phone numbers or other information you may need while in treatment.

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

Smoking:
All Rimrock campuses are tobacco-free!

Rimrock views Nicotine use disorder the same as any other substance use disorder.

Our counselors and medical providers will work closely with you to assist you to quit smoking. Nicotine replacement products are available for purchase or may be brought with you at admission. These include nicotine patches or lozenges. *Packages must be unopened.

Money:
You do not need money while in treatment, however if you choose, you may bring cash for incidental expenses, such as toiletries, soda, etc., we recommend adults bring about $40 in 1's, 5's and 10's. You may access the ATM machine for small withdrawals. You will not be able to cash checks while in treatment.

Clothing:
It is recommended that you bring about a week's worth of comfortable wash and wear, season appropriate clothing. (Please do not bring delicate clothing that will not hold up to standard washing and drying machines). All sleeveless tops must have a 3" strap. Men's white, ribbed, sleeveless undershirts/muscle shirts are prohibited. All excess clothing and cut off shirts will be locked up with your luggage and inaccessible. Shorts/skirts must be knee length. Please bring a season appropriate jacket and shoes.

Rimrock has a fitness room on-site and residents are encouraged to bring proper workout clothing and gym/athletic shoes.

Laundry facilities and detergent are available at no charge.

Toiletries:
Please bring any personal care items you may need during your stay. This includes a toothbrush, razor, shampoo, liquid body soap, deodorant, make up removal cloths/wipes, lotions etc. All toiletries must be non-aerosol (pump dispensers only) and may not contain alcohol in the first 3 ingredients.

All feminine hygiene products must be in new, unopened packaging.

Hair dryer/curling iron/men's electric shavers are approved items.

Prescription Medications:

Bring all of your medications with you in the original, labeled bottle from the pharmacy. Any over the counter medications you bring, will need to be in an unopened container. If you are currently taking a prescribed medication that is considered a controlled substance, please let your Admissions Coordinator know before your scheduled admission date. We do not allow these medications to be taken while in treatment, they will be destroyed if brought into the facility.

Do NOT Bring: You will not be allowed access to the following items. Any items below brought into treatment will be stored in your luggage until you leave. You will not have access to your luggage during your stay and Rimrock is not responsible for any damaged, lost or stolen items.

- Products in aerosol spray containers
- Personal blankets, pillows or stuffed animals
- Alcohol-based sprays or mouthwashes (anything with alcohol in the first three ingredients)
- Oil products of any kind
- Perfumes, body sprays or cologne
- T-shirts that mention liquor or tobacco products, gambling, drug references or hard rock music. Tight fitting or revealing clothing are not allowed. You are expected to remove inappropriate jewelry.
- Cigarettes/cigars/pipes/vapes
- Cameras, laptop, iPods/CD players/Radios
- Any musical instruments
- Bar soap

Cell Phones:
Cell phones will be locked up with your luggage and not accessible during your stay. Please write down any contact information you will need prior to coming to treatment. It is recommended that you do not bring your cell phone to treatment.