



Recovery Lodge 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.**

Please write down any phone numbers or other information you may need during your stay.

Please bring a Photo ID and a list of your primary care physician, medical doctors, and counselor, etc (please include full names, addresses and phone numbers of all medical staff).

Cell Phones and Laptops:

You can bring your cell phone and laptop to Rimrock upon admitting to our Recovery Lodges. You will not have full access to your devices during your stay, however, at the beginning of your stay, you and your counselor will discuss your individual needs regarding attendance of familial and professional obligations and create a plan to help meet these needs.

Nicotine Use:

You can use nicotine replacement products while you are here (pouches, lozenges, gum, patches). All nicotine replacement products must arrive in an unopen package (previously opened nicotine packages will remain in your stored luggage).

If you are interested in smoking cessation our counselors and medical providers can assist you with this. Nicotine lozenges are available for purchase at Rimrock, or you can bring nicotine replacement products with you at admission.

Snacks

Snacks must be store bought items in unopened packaging.

Money:

You will have access to an ATM machine during your stay, you can also bring cash. Each person will have access to private safe for securing your valuables/cash. You may need cash to purchase toiletries or other items from our client store and for some recreation outings.

Clothing:

It is recommended that you bring about 1-2 weeks' 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).

Laundry Facilities:

- Laundry facilities and detergent are available at no charge.
- If you have any allergies or sensitivities to laundry detergent, please make sure to bring your own.
- You may bring dryer balls, these are also available for purchase in our client store. Please do not bring dryer sheets as this is not an approved item.

Packing Guide:

- Hats are only permitted to be worn outside of the facility.
 - Slacks/Jeans/Capris
 - If there are any holes in the pants, they must be below fingertip length.
 - Leggings/Sweatpants
 - Shorts/Skirts/Dresses
 - Must be fingertip length or longer.
 - Shirts/Blouses/Tank Tops
 - All shirts must cover your entire mid-section. No crop tops or muscle shirts.
 - No low cut or revealing shirts or tank tops. No halter tops.
 - Pajamas
 - Workout clothes
 - Rimrock has a fitness room on-site and residents are encouraged to bring proper workout clothing and gym/athletic shoes.
 - Socks
 - Underwear
 - Sweater/Jacket/Hoodie/Winter Coat
 - It is recommended you bring a light jacket or sweatshirt during Summer months; the air conditioning can be quite cold.
 - Make sure to bring a warm coat, hat, gloves and a scarf during winter months.
 - Appropriate footwear for the season and/or outdoor activities
 - Tennis shoes/gym shoes.
 - Sandals
 - Slippers
 - Boots (snow boots for winter months)
 - Appropriate swimwear
 - Women's one-piece swimsuits.
 - Men's swim trunks
 - T-shirt and shorts.
- ❖ **All excess and unapproved clothing will remain with your luggage during your stay.**
- ❖ **Personal blankets and pillows must be approved by the medical provider. Upon approval must be cleaned in accordance to our hospitality guidelines.**

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. (denatured, cetyl and cetearyl alcohol are approved)

- All feminine hygiene products must be in new, unopened packaging.
- Hair dryer/curling iron/men's electric shavers are approved items.

****If you need toiletries, these are available for purchase at our client store during your stay.**

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. All medications are reviewed by our medical providers upon admission.

Do NOT Bring: You will not be allowed access to the following items. Any items below brought into the facility 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.

- Aerosol spray containers
- Stuffed animals, towels or washcloths.
- Alcohol-based sprays or mouthwashes (denatured, cetyl and cetearyl alcohol only)
- Oil products of any kind (this includes hair oils and essential oils)
- Perfumes, body sprays or cologne
- Products that contain hemp or CBD
- Clothing or jewelry that mentions or depicts any alcohol, drug, tobacco, nudity or gambling references. Clothing with words or graphics that could be offensive to others. Revealing clothing is not allowed.
- Gang related apparel
- Nail polish and nail polish remover
- Cigarettes, tobacco pouches, loose tobacco, cigars, pipes
- Cameras, iPods, CD players, radios or smart watches (unless not connected to the internet/data)
- Any musical instruments
- Bar soap
- Batteries
- Paint pens or other strong markers
- Weapons or blades of any kind