



## Recovery Lodge Packing List

**Personal Belongings and Facility Responsibility:** 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.

### Required Documents and Provider Information:

- Please bring a Photo ID
- A list of your current providers, including your primary care physician, medical providers, and counselor/therapist (please include full names, addresses, and phone numbers for each)

### Electronics:

Cell phones and other personal electronics are accessible and may be used during scheduled, designated times for family contact and essential school/work needs.

### Nicotine Use:

Nicotine replacement products are permitted (pouches, lozenges, gum, patches). All nicotine replacement products must be **new and unopened** upon arrival. Previously opened nicotine products will be stored in your secured luggage.

If you are interested in smoking cessation, our counselors and medical providers can support you.

### Food / Snacks:

Food and snacks are **not permitted** unless required due to a dietary restriction. Any approved food/snacks must be commercially packaged and unopened.

### Money and Valuables:

You will have access to an on-site ATM during your stay, and you may also bring cash. Each client will have access to a private safe to secure valuables and cash.

### Laundry Facilities:

- Laundry facilities and detergent are available at no charge.
- If you have allergies or sensitivities to laundry detergent, please bring your own new, unopened detergent.
- Dryer balls are permitted.
- Please do not bring dryer sheets (**not** an approved item).

### Clothing:

Please bring approximately 1–2 weeks of comfortable, wash-and-wear, season-appropriate clothing. Avoid delicate items that may not withstand standard washers and dryers. Clients may keep up to 10 complete outfits in their room; **additional clothing will be stored in locked luggage until discharge.**

## **Packing Guide:**

### **Bottoms (up to 10 total items):**

- Capris
- Dresses (must be fingertip length or longer)
- Jeans
- Leggings
- Shorts (must be fingertip length or longer)
- Skirts (must be fingertip length or longer)
- Slacks
- Sweatpants

*Additional standard: If pants contain holes or tears, all openings must be below fingertip length.*

### **Headwear (up to 2 items; with approval):**

- Beanies
- Hats

### **Outerwear (up to 5 total items):**

- Hoodies
- Jackets
- Sweaters

*Seasonal guidance: Summer—A light jacket/sweatshirt is recommended (air conditioning can be cold). Winter—Bring one warm coat, plus a hat, gloves, and a scarf.*

### **Shoes (up to 4 pairs; season/outdoor-appropriate):**

- Athletic/Tennis shoes
- Boots (*snow boots for winter months*)
- Sandals
- Slippers

### **Sleepwear (up to 2 sets):**

- Pajamas

### **Socks, underwear, and bras:**

- Socks (*up to 10 pairs*)
- Underwear (*up to 10 pairs*)
- Bras (*up to 5*)

### **Swimwear (1 item):**

- Men: swim trunks
- Women: one-piece swimsuit
- T-shirt and shorts may be worn as appropriate

**Tops (up to 10 total items):**

- Blouses
- Shirts
- Tank tops

*Standards: Must cover the entire midsection (no crop tops or muscle shirts). No low-cut or revealing tops; no halter tops.*

**Fitness room note:** *Rimrock has an on-site fitness room. Clients are encouraged to bring appropriate athletic shoes and workout clothing. Workout clothing is included within the “Tops” and “Bottoms” limits above.*

**All excess and unapproved clothing will be stored in your locked luggage during your stay.**

**Toiletries and Personal Care Items:**

Please bring personal care items you may need during your stay. All items must be **new and unopened**.

**Makeup (up to 15 items):**

- Makeup items (non-aerosol, **unopened**)

- Toiletries must be **non-aerosol** (pump dispensers only).
- Toiletries may **not** contain alcohol in the first three ingredients.
  - Approved exceptions: denatured, cetyl, and cetearyl alcohol.

Examples include: toothbrush, razor, shampoo, liquid body soap, deodorant, makeup removal cloths/wipes, lotions, etc.

**Additional guidelines:**

- All feminine hygiene products must be in new, unopened packaging.
- Hair dryers, curling irons, and men’s electric shavers are approved items.

**Prescription and Over-the-Counter Medications:**

Bring all prescription medications in the **original pharmacy-labeled bottle**.

If you are currently prescribed a medication that is considered a **controlled substance**, please notify your Admissions Counselor prior to your scheduled admission date. All medications are reviewed by our medical providers upon admission.

**Personal Bedding Items:**

Pillows are not permitted. Specialty pillows required for a documented medical need may be allowed with medical provider approval, provided they are new.

Personal blankets are not permitted unless approved by a medical provider. If approved, they must be new whenever possible. If an approved blanket is not new, it must be cleaned in accordance with Hospitality guidelines.

**Do NOT Bring: You will not be allowed access to the following items. Any prohibited items brought into the facility will be stored in your locked luggage until discharge. Clients do not have access to their luggage during their stay, and Rimrock is not responsible for lost, stolen, or damaged items.**

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