



Rimrock Inpatient/Residential Packing Guide

IMPORTANT

Please bring a Photo ID, 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/jeans/pants
- Socks/long-sleeved sweater or sweatshirt (air conditioning can be quite cold)
- Shirts, blouses, t-shirts, tank tops (3in straps or as undershirts)
- Casual shoes (maximum 3 pairs)
- Capris or Shorts- **Below the knee**

Nightwear:

- Pajamas, slippers, sweats

Outdoor/weather appropriate wear:

- Hat/gloves/scarf/coat/sweatshirt
- Boots
- Warm socks

Recreation/leisure activities:

- Workout clothing
- Shorts/sweats
- Swimming suit (One Piece)
- 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, body soap, toothpaste/toothbrush, etc.
- Feminine hygiene products

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.

Smoking:

Rimrock is a tobacco free campus.

Bring Nicotine Patches/Gum/Lozenges if you are not planning to quit smoking.
*Packages must be unopened. You may purchase nicotine lozenges at Rimrock

It is recommended that you contact MT Quit Line (1-800-QUIT NOW) 3-4 weeks prior to admit in order to receive tobacco cessation products.

Do NOT Bring:

- Products in aerosol spray containers
- Alcohol-based sprays or mouthwashes (denatured alcohol only)
- 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.
- Reading materials (Exception: Bible and 12-Step book)
- Cameras, laptop, iPods/CD players/Radios
- Any musical instruments
- Cigarettes/cigars/pipes/vape pens
- **Haircuts are not allowed during treatment**

Inappropriate Clothing/Jewelry:

- Tight fitting or revealing clothing are not allowed. You will be expected to remove inappropriate clothing or jewelry.

Spending Money:

Some cash, for incidental expenses, which includes some selected rec activities, toiletries, and soda. We recommend adults allow about \$10 a week maximum in 5's and 10's for activities. You may cash checks (under \$50) or access the ATM machine in Room 109.