



Adult 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:

- 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
- 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
- Headphones
- (close-toed) gym shoes **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
- Alarm clock *optional*

Cell Phone:

Your only access to personal calls will be via a personal cell phone which will be locked up when not in use to prevent theft. If you wish to make phone calls, you must have a cell phone.

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 residential houses are all **tobacco-free!**

Bring Nicotine Patches if you are not planning to quit smoking.

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
- **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 pop. We recommend adults allow about \$45 minimum in 5's and 10's for activities. You may cash checks or access the ATM machine in Room 109.