

Rimrock Clothing/Packing Guide for Inpatient Treatment

This packing guide will adequately prepare you for program activities

IMPORTANT

Please bring 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
- Socks/long-sleeved sweater or sweat-shirt (air conditioning can be quite cold)
- Shirts, blouses or t-shirts
- Casual Shoes
- Jeans/pants – loose fitting and intact
- **Shorts below the knee are permitted**

Nightwear:

- Pajamas
- Slippers
- Sweats

Outerwear appropriate for season and/or outdoor activities:

- Hat/Gloves/Scarf
- Warm socks
- Sweatshirt
- Boots

Recreation/Leisure Activities:

- Workout clothes, shorts
- (Close-toed) tennis or gym shoes required
- Sweats

Participation in exercise and fitness requires gym clothing.

Adolescents:

School books and supplies needed for current school courses, e.g., a calculator for math class. No large equipment such as computers.

Prescription Medications:

Bring all 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.

Inappropriate Clothing/Jewelry:

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

Do Not Bring:

- Products in aerosol spray containers
- Alcohol-based sprays or mouthwashes (Denatured alcohol only)
- T-shirts that mention liquor or tobacco products, gambling or drug references
- Tank tops/crop tops
- Reading material (Exception: Bible and 12-Step Books)

- **Cell Phones**
- **Cameras**
- **Laptop Computers**
- **Ipod**
- **CD Player**
- **Radio**
- **Any Musical Instruments**
- **Cigars/Pipes**

Items To Bring:

- Hair dryer/ curling iron
- Non-aerosol toiletries (pump dispensers only)

Bring your own personal hygiene articles (**alcohol-free**), such as shampoo/conditioner, toothpaste/toothbrush, body soap, etc.

Some cash for incidental expenses, which includes some selected recreational activities, toiletries, cigarettes and pop. We recommend you allow about \$20 per week. You may cash checks or access the ATM machine in Room 109.

Clothing/Packing List for Patients Admitted to the Eating Disorder Program

Non-Acceptable Clothing:

- Jeans or pants with buttons or snaps
- Tank tops
- Spandex
- Tight fitting or revealing clothing (including v-necks)
- Pants with drawstrings and/or an open fly (sweats, hospital scrubs, wind and running pants)

Acceptable Clothing:

- Loose pants with elastic waist-bands (i.e., knit pants, lounge pants, sweat pants, running pants)
- Capri pants with elastic waistband that hit at or below the knees
- Long and short sleeve t-shirts
- Knee-length shorts
- Bib-overalls
- Skirts at or below the knees with elastic waistbands