

CHECK OFF LIST WHAT TO BRING

1. The following list indicates the maximum amount of each items allowed for duration of stay.
2. Rimrock Trails' staff will determine if clothing is appropriate at the time of intake.
 - Bring enough clothes to last through a 7-day week.
 - Bring appropriate clothing for the current season, i.e., bathing suit, jackets, etc.
3. If there are any questions or concerns, please talk with the Intake Coordinator or Residential Program Manger prior to intake.

CLOTHING: NO Solid Red, Blue, or White

# of Items to Bring	What to Bring	
6-10 Total Bottoms	Jeans	
	Slacks	
	Sweatpants	
	Shorts	
	Skirt	
6-10 Total Tops	Tee Shirts	
	Sweatshirt	
	Sweater	
	Blouse	
7-10 Pair	Socks	
	Wool Socks (1 pair)	
	Nylons	
1-10 pair	Underwear	
5-7	Bras	
1	Modest Swim wear	
2 Coats	Heavy Coat	
	Light Jacket	
1-2 Pair	Modest Pajamas	
1 Pair	Slippers	
1-2 Pair	Tennis Shoes	
1 Pair	Hiking Boots	

PERSONAL ITEMS

# of Items to Bring	What to Bring	
1	Pillow	
1	Blanket	
	Pictures of Family only	
1	Address Book	

SHOWER AND PERSONAL HYGIENE ITEMS

# of Items to Bring	What to Bring	
1 Pair	Shower Flip Flops	
1	Shampoo	
1	Conditioner	
1	Face Wash	
1	Deodorant	
1	Toothbrush	
1	Toothpaste	
1	Dental Floss	
1	Bar of Soap	
1	Hairbrush/Comb	
2-4	Hair Ties	
1 each new and unopened makeup (no sharpeners, those are provided by Rimrock)	Eyeliner	
	Eyebrow Liner	
	Foundation	
	Mascara	
	Lip Gloss	
	Chapstick	
	Nail Clippers	
	Tweezers	

Please avoid bringing any products that include the following in the first four ingredients:

- Behenyl
- Denatured Alcohol
- Lauryl
- Propyl
- Benzyl
- Ethanol
- Methanol
- SD Alcohol
- Cetearyl
- Ethyl
- Myristyl
- Stearyl
- Cetyl
- Isopropyl
- Propanol

The following items will be provided by Rimrock Trails for our clients

- Pencils
- Paper
- Envelopes
- Stamps
- Personal Hygiene Supplies, available if needed, including feminine products

WHAT NOT TO BRING

- Expensive Items
- Personal Money
- Nicotine Cessation Aids, including: Gum, Patches, Inhalers, Herbal Chew
- Laundry Supplies (i.e., detergent, bleach)
- Bed Linen, except as listed above
- Washcloths
- Towels
- Any products with alcohol listed in the first four ingredients (i.e., mouthwash, aftershave...)
- Fingernail Polish Remover
- Aerosols, including hairspray

Do NOT Bring Clothing that is Solid Red, Blue, or White or any of the following:

- Overly Baggy Clothes
- Skin Tight Clothes
- Halter Tops
- Low Neck Line Tops
- Sleeveless Shirts
- Clothes with Holes, Rips or Frayed Edges
- Clothes that promote any of the following: Drugs, Tobacco, Violence, Negative Attitudes, Gang Activity, Satanic, Hate Symbols, any Groups Known as Drug Using or Violent Groups
- Tee-Shirts that are Solid White, Red, or Blue
- Cut-Off Shorts above Front Pockets
- Short Shorts
- Spandex
- Two-Piece Swimsuits (females)
- Bandannas