



PACKING LIST FOR RESIDENTIAL ADMISSION

Personal Belongings and Clothing

If you have any questions or concerns, please talk with the Admissions Coordinator or Residential Program Manager prior to your admission day.

Residential Admissions Coordinator: 541-447-2631, ext. 117

Residential Program Manager: 541-447-2631, ext. 120

CLOTHING ITEMS

PLEASE DO NOT BRING

- Solid red, blue, or white clothing
- Belts
- Bandannas
- Two-piece swimsuits
- Skin-tight clothing
- Halter-tops
- Low neckline tops
- Sleeveless shirts
- Clothes with holes, rips or frayed edges
- Short shorts that are above front pockets or that do not reach the tips of fingers with arms at your sides.

Clothes that promotes any of the following:

- Drugs
- Tobacco
- Violence
- Negative attitudes/Offensive language/symbols
- Gang activity
- Hate symbols
- Any groups known to promote drugs or violence

WHAT TO BRING

*Rimrock Trail's staff will help you determine if your clothing is appropriate at the time of your admission. If not, it will be returned or safely stored for you until it can be brought home or returned to you.

- **Bottoms:** (bring up to 6-10 items)
 - Jeans
 - Pants
 - Sweatpants
 - Shorts
 - Skirt

- **Tops:** (bring up to 6-10 items)
 - Tee-Shirts
 - Sweatshirt
 - Sweater
 - Shirt
 - Blouse

- **Socks:** (bring up to 7-10 pair)
At least 1 pair wool or warm socks

- **Underwear:** (bring up to 7-10 pair of underwear, up to 3-4 bras)
 - Underwear
 - Bra

- **Coat-Hat-Gloves** (Winter and Spring months):
 - Heavy Coat
 - Light Coat
 - Gloves
 - Knit Hat

- **Swimsuit:**
(Summer months)
 - Girls modest 1-piece
 - Boys modest pair swim trunks

- **Pajamas/ Nightwear**
(up to 2 items)
 - Modest pajamas or Nightwear

- **Footwear**
 - Slippers (1 pair)
 - Tennis Shoes (1-2 pairs)
 - Hiking Boots (1 pair)

SHOWER AND PERSONAL HYGIENE ITEMS

*Rimrock Trails will provide you the following:

- Rimrock will supply bed linens: bedspreads, sheets, pillow cases.
- Washcloths
- Towels
- Any personal hygiene supplies if needed, including feminine products.

WHAT TO BRING

*Except for Flip Flops, ALL items must be new and in their original packaging.

If you bring opened/used items they cannot be accepted for safety purposes and we will provide new items for you.

- Pillow
- Blanket
- Shower Flip Flops
- Shampoo
- Conditioner
- Face Wash
- Deodorant
- Toothbrush
- Toothpaste
- Dental Floss
- Bar or liquid Soap
- Hair Brush/Comb
- Lotion (face/body)
- Feminine hygiene products

COMMON ACCEPTABLE BRANDS AND PRODUCTS

Conditioner

- Everyone Nourish
- EO Essentials

Shampoo

- Aussie Shampoo
- Avalon Organics Nourishing Lavender
- Herbal Essence Rose Hips Smooth
- OGX Nourishing Coconut Milk
- Organix Renewing Moroccan Argan Oil
- Pantene Pro-V Daily Moisture Renewal
- Quenching Coconut Curls
- Sauvé Professionals Keratin Infusion Smoothing
- Sauvé Professionals Almond and Shea Butter
- Tresemme Shampoo

Body Wash

- Aveeno Active Naturals Daily Moisturizing
- Aveeno Micaveen Purifying Body Wash
- Dove Deep Moisture Nourishing Body Wash
- Dove Me + Care Body Wash Extra Fresh
- Equate Body Wash, Sensitive Skin Nourishing Moisture

Face Wash

- Burt's Bees Sensitive Facial Cleanser
- E.L.F. Cosmetics Daily Face Cleanser
- Neutrogena Naturals Purifying Facial Cleanser

Antiperspirant

- Men's Dove Advanced Care Antiperspirant Sensitive
- Ladies Dove Roll-on Deodorant
- Ladies Almay Antiperspirant & Deodorant Clear Gel

Hand and Body Lotion

- Aveeno Daily Moisturizing Lotion
- Aveeno Sheer Hydration Daily Moisturizing Lotion
- Cetaphil Moisturizing Lotion for All Skin Types
- Lubriderm Daily Moisture Lotion, Fragrance Free
- Vaseline Intensive Care Body

PLEASE DO NOT BRING

- Razor, electric or otherwise.
- Fingernail polish/remover
- Aerosols, including hairspray
- Any products that include the following Alcohols in the first four ingredients:
(mouthwash, aftershave, cologne etc.)
 - Alcohol
 - Denatured
 - Isopropyl
 - Cetyl
 - Cetearyl
 - Ethyl
 - Stearyl
 - Behenyl
 - Lauryl
 - Propyl
 - Benzyl
 - Ethanol
 - Methanol
 - SD Alcohol
 - Propanol
 - Myristyl

PERSONAL ITEMS

*Rimrock Trails will provide you pencil, pen, paper, envelopes, stamps

WHAT TO BRING

- Pictures of Family Members – please no picture frames
- Address Book
- Makeup (up to 5 items) Must be new and unopened for health and safety reasons.
- Hair-ties or Scrunchies

PLEASE DO NOT BRING

- Money
- Expensive items
- Forms of ID such as driver's license or government issued ID
- Perfume/Cologne
- Jewelry
- False nails
- False eyelashes
- Tweezers
- Sharpeners
- Nail Clippers
- Beauty Tools
- Outside food or drink
- Picture frames
- Spiraled notebook or journal
- Metal, Glass or other sharps
- Safety pins
- Your own pencils or pens
- Electronic devices
- Television/DVD's
- Music players/CD's
- Skateboard
- Bicycle
- Nicotine cessation aids: gum, patches, inhalers, or herbal chew

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