

## Recommended Personal Items

**Residents will be participating in recreational activities and will need to bring appropriate clothing and shoes. In-house laundry facilities and detergent are available for resident use. For this reason, it is not necessary to bring a large wardrobe.**

### CLOTHING

- 7-9 sets of comfortable clothing (pants and shirts)
- 7-9 sets of underclothing and socks (underwire bras not allowed)
- Sleepwear, including pajamas or nightgown, robe and slippers
- Shorts and t-shirts for P.E. and other physical activities
- Jacket or coat (the weather in Idaho is unpredictable!)

**See the other side of this sheet for the Dress Code.**

### COLD WEATHER CLOTHING

Residents who will be in treatment any time during the months from November to April should bring the following:

- Winter hat
- Gloves or mittens
- Boots for cold, wet conditions
- Warm, water resistant snow pants
- Warm, water and wind resistant coat

### FOOTWEAR

- 1 pair of laced tennis shoes for P.E., outdoor activities, etc. These should be sturdy and provide good support for running or hiking.
- 1 -2 pairs of shoes without laces. Slip-on or Velcro shoes are appropriate.

**Shoe laces are not allowed on the unit. Each resident may bring one pair of laced shoes that will be kept in a locked area and checked out for appropriate activities.**

**No high heels, please.**

### ELECTRONICS

- Portable music player (CD player, mp3 player, iPod, etc.) with headphones (**without camera or recording device**).
- Wrist watch and or battery powered alarm clock.

### MISCELLANEOUS ITEMS

- Family photos
- Stationary and stamps
- Reading materials, puzzle books, playing cards
- Personal journals and diaries are encouraged. Hospital journals can be provided for each resident.
- Crafts, with the exception of crafts that require sharps, such as knitting, crocheting, or needlework, etc.
- Musical instruments
- Other craft and hobby supplies (with approval)

### TOILETRIES

- Hair care items
- Personal hygiene items (not in glass containers)
- Make-up
- Electric razors, etc. may be brought to the facility for use, but must be safety-checked by our maintenance department prior to use and will be kept in the Patient Supply Closet.

**No glass containers allowed. Curling irons, hair dryers and hair straighteners are not allowed on the unit due to Fire Codes.**

**Please refer to the Resident Handbook for information regarding items not allowed (contraband)**

**NOTE:** We discourage the purchase of extra personal items while in treatment. Teton Peaks is not responsible for shipping any items left behind after the resident is discharged and these items will be disposed of if not claimed or shipment is not arranged within 30 days by the resident or their family.

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### DRESS CODE

Residents will be asked to change their clothing if it does not meet the dress code. If they need to be asked repeatedly, it will result in appropriate consequences and the clothing will be placed in the resident's locker.

1. Residents should wear clean clothing. Wearing the same clothing from the day before is not appropriate.
2. Clothing needs to be in good repair. Clothing that is torn, badly worn or that has holes is not appropriate. Minor repairs can be made, see Section 6 under Sewing Items.
3. Underclothing must be appropriate.
4. Clothing should fit properly. Shirts should be long enough around the waist and pants sit high enough on the waist to keep the resident's mid-section completely covered.
5. Clothing needs to be labeled with each resident's initials.
6. Clothing must be appropriate for the activity. Some activities may require bending or reaching. Residents clothing should still meet the dress code in such activities.
7. Pajamas are only allowed in the resident's bedroom and not in common areas.
8. Hair should be kept neat and clean.
9. Personal grooming should be done in the resident's own bathroom, bedroom or assigned area.
10. Feet should be covered at all times by either the hospital socks or other appropriate footwear (no laces).

### THE FOLLOWING IS NOT ALLOWED:

1. Borrowing clothing from other residents.
2. Sexually provocative clothing (e.g. shirts with a low neckline, tight clothing, short shirts, skirts or shorts). Shorts and skirts must have at least a 7" inseam.
3. Excessive make-up. Make-up should be removed daily.
4. Extreme hair styles. Hair should be of a natural color and approved by the resident's parents or guardians.
5. Shoe laces. Each resident may bring one pair of laced shoes that will be kept in a locked area and checked out for appropriate activities
6. Drawstrings. If residents bring or purchase clothing with drawstrings, the drawstrings will be removed and discarded.
7. Underwire bras
8. Clothing with references to gangs, drugs or alcohol.
9. Clothing with profane, obscene, or suggestive printing, pictures or designs.