



The Emily Program

Residential Packing List

In order to provide a safe and comfortable environment for all residents, The Emily Program (TEP) Residential requires that clients limit their personal belongings to the items listed below. Staff will search all belongings upon admission and items not adhering to these guidelines will be sent home or stored on site. If you have specific questions regarding this list, please contact Program Support Coordinator at your site.

How to Pack

Please pack all personal belongings in clear plastic bins with firmly fitting lids or plastic bags firmly knotted or secured with twist ties. Suitcases, duffels and backpacks will not be allowed in the facility. Laptop bags will be stored in the facility's heat room. Toiletries and cosmetics must be packed in clear plastic bags. Cosmetic bags or cases will not be allowed in the facility. TEP Residential follows national guidelines to protect residents and staff from allergens and communicable problems.

How Much to Pack

During your stay, please limit belongings to the number listed below. If additional items are brought in for resident use, please send other items home. TEP provides laundry facilities that are accessible to clients 24/7.

What to Pack

To help protect our site against unwanted pests, all fabric items will be heat-treated upon admission and after any outings or passes. **DO NOT BRING ANY FABRIC ITEMS THAT COULD BE DAMAGED IN A HOT DRYER CYCLE OR HEAT ROOM. THE EMILY PROGRAM WILL NOT BE LIABLE FOR ANY DAMAGED ITEMS.**

Clothing

- 2 pairs of jeans
- 3 sweatshirts/pullovers/long sleeve shirts
- 3 pairs of yoga pants/sweatpants
- 2 pairs of pajamas
- 5 pairs of socks
- 5 pieces of underwear
- 4 t-shirts
- Outerwear appropriate for the weather
- 1 pair of slippers/sandals
- 1 pair of comfortable/tennis shoes for passes/outings
- Shower Shoes
- Bathrobe (N/A AWHAYA)

Hygiene Items*

- Shampoo and conditioner
- 1 bottle of body wash or 1 bar of soap
- 1-2 Hair care products (gel, binders)
- Comb/Hairbrush
- 1 bottle of lotion
- Make-up (not to exceed 1 qt size bag)
- Curling iron, flat iron, hair dryer
- Toothbrush and toothpaste, alcohol-free mouthwash
- Razor
- Shaving cream
- Deodorant
- Contact solution
- Eye glasses

**Please limit the amount of personal cosmetics, hygiene items, etc. due to space. Some items may be sent home based on excessive quantity. Please pack hygiene items in clear plastic bag. Makeup bags are not allowed inside the TEP. Items with a sharp edge will be kept in the nurses' office and will be available upon request.*

Personal Items*

- 3 pieces of jewelry
- 2 leisure books (must be labeled with name)
- 1 purse
- MP3 player (no internet connectivity, if a minor)

- 1-2 Notebook/Sketchbook/Journal (not spiral bound)

Personal photos (no picture frames) Art/craft supplies (scrapbooking/beading supplies, yarn, fabric, etc.)

Adult Personal Items*

- Cash
- Credit/debit card (for prescription medications)
- Insurance card

- Cell Phone, devices with internet connectivity, personal computer, and/or e-reader
- Cigarettes (pre-packaged, manufactured or E-cigarettes only)

Adolescent Personal Items*

- 1 stuffed animal*

- School text books

**All fabric items will be run through a hot dryer cycle for 30 minutes or heat room procedure during the admit process. Please do not bring fabric items that could be damaged in the dry cycle or heat room procedure. The Emily Program will not be liable for damage to personal belongings*

Medications/Supplements

Please pack all prescription and over-the-counter medications in clear plastic bags. The nursing staff will count and secure all medications upon admission.

What The Emily Program Provides

- Towels and washcloths
- All bedding, including pillows
- Laundry detergent and dryer sheets/wool dryer balls (scent & dye-free)
- Hangers
- Alarm clock with radio
- Desktop computers with printer and internet access
- Iron and ironing board
- Kleenex
- Cleaning supplies
- Toilet Paper
- Hand soap
- Games and movies
- Telephones
- Free Wifi (for adults)

What NOT to Pack

- No suitcases, duffels, canvas bags, backpacks or cosmetic bags
- No purses, clothing or items that will be damaged in a hot dryer cycle or by a temperature of 120 degrees
- No personal bedding (pillows, blankets, weighted blankets, etc.)
- No picture frames or bulletin boards
- No wicker items (baskets, purses, etc.)
- No wooden items (jewelry boxes, figurines, etc.)
- No appliances other than hair dryers, curling irons, straighteners
- Aerosol Cans (dry shampoo, hairspray, axe body spray, etc.)
- Fragrance sprays (ie. perfume and cologne)
- No activity trackers (FitBit, Apple Watch, etc)
- No heating pads
- No extension cords or power strips
- Minnesota - No musical instruments of any kind (TEP provides various musical instruments for our residents.)

Prohibited Items

- Weapons
- Cameras
- Candles
- Illegal drugs or alcohol, including any products containing alcohol
- Outside food or spices
- Loose tobacco or rolled cigarettes (*only pre-packaged, manufactured cigarettes are allowed at TEP residential*)
- Diuretics, laxatives or diet pills
- Prescription/over the counter drugs/substances without a doctor's order