



# The Emily Program

The eating disorder specialists

## Residential Packing List

In order to provide a safe and comfortable environment for all residents, The Emily Program (TEP) Residential requires clients to limit 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 questions regarding this list, please contact your Program Support Coordinator.

### How to Pack

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 are not 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 are not allowed in the facility. TEP Residential follows national guidelines to protect residents and staff from allergens and communicable health concerns.

### How Much to Pack

Please limit belongings to the quantities listed below. Items exceeding these quantities will be sent home. Onsite laundry facilities are accessible to clients.

### 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 fabric items that could be damaged in a hot dryer cycle or heat room. The Emily Program will not be liable for 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
- Makeup (not to exceed a 1 quart bag)
- Curling iron, flat iron, hair dryer
- Toothbrush and toothpaste, alcohol-free mouthwash
- Razor
- Shaving cream
- Deodorant
- Contact solution
- Eye glasses

#### Personal Items (Adult and Adolescent Residents)

- 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.)
- 1 stuffed animal (must be of reasonable size and able to withstand heat treatment)\*
- School text books

### Personal Items (Adult Residents only)

- Cash
- Credit/debit card (for prescription medications)
- Insurance card
- Cell phone, devices with internet connectivity, personal computer, and/or e-reader
- Clear plastic water bottle (No glass)
- Cigarettes (pre-packaged, manufactured or E-cigarettes only)

*\*All fabric items will be run through a hot dryer cycle for 30 minutes or heat room procedure during the admit process*

*\*\*Please limit the number of cosmetics, personal hygiene items, etc. Excessive items may be sent home. Pack hygiene items in a clear plastic bag. Items with a sharp edge will be kept in the nurses' office and will be available upon request.*

### **Medications/Supplements**

Prescriptions and over-the-counter medications, including epi-pens and inhalers, that you routinely take must be brought to the residential site upon admission. Please ensure medications are not expired and are in their original containers. Nursing staff is unable to administer medications that are expired or not in original containers. Bring a 30-day supply of your medication if possible and have all medications packed together and easily accessible so they can be promptly handed to nursing staff upon admission. Subsequent refills and/or new medication orders will be processed by medical staff using an external pharmacy. If you have other medical needs, equipment, or supplies such as diabetic and tube feeding supplies, bring these with you 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 personal dishes/mugs
- 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
- Fragrance sprays (ie. perfume and cologne)
- No activity trackers (FitBit, Apple Watch, etc)
- No heating pads
- No extension cords or power strips
- No musical instruments of any kind

### **Prohibited Items**

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