

**NORTHWEST PASSAGE CHILD & ADOLESCENT CENTER
PERSONAL POSSESSION / CLOTHING PACKING GUIDE**

We request that your child have enough clothing for their stay. Clients will be involved in recreation every day and will need appropriate attire. Each resident does his or her own laundry (with supervision and assistance) approximately once a week. If a client arrives without sufficient clothing, NWP will provide any clothing deficiencies from this list until arrangements can be made to secure the client's personal clothing.

MINIMUM REQUIREMENTS:

- 10 pairs underwear
- 10 pairs socks
- 4 bras (if applicable)
- 3 long pants/casual shorts
- 2 pairs sweatpants
- 3 athletic shorts
- 7 t-shirts
- 2-3 sweatshirts
- 2-3 long sleeved shirts
- 1 fall / spring jacket
- 2 pairs of shoes (at least 1 pair of tennis shoes/sneakers)

For Winter, please also bring:

- 1 winter coat
- 1 pair boots
- 1 pair gloves/mittens
- 1 wool type hat
- 1 pair long johns (bottom and top)

For Summer:

- 1 Swimsuit (one piece preferred, no strings)

Please do not pack ripped, torn, holey clothes or low cut or midriff-baring tops.

All necessary bathroom and personal hygiene supplies will be supplied by NWP. If a special hygiene product is necessary for a specific medical purpose (i.e. dry skin, dandruff, acne, etc.), then the resident may bring that product with them. NOTE: All items will be evaluated by staff and either given to the resident or held in the resident's medication bin for supervised use at appropriate times.

MEDICATIONS:

We request that all incoming clients arrive with a supply of 7-10 days' worth of all current medications. If at all possible, we request that all medications arrive in original prescription bottles. If you will have difficulty supplying any current medication at the time of admission, please contact Admissions in advance.

If your child wears/uses prescription glasses, please be sure to bring those as well.

PERSONAL BELONGINGS:

In addition to standard clothing items, your child is encouraged to bring some items and discouraged or disallowed from bringing others.

We cannot create a guide that addresses everything a client may be interested in packing. If you have questions about items that are not addressed by this list, please contact Admissions.

Encouraged Items:

- ✓ Sensory coping supports such as weighted blankets, fidgets, body socks, etc.
- ✓ Pillow and/or blanket, if desired. One will be provided, but residents are welcome to bring their own from home.
- ✓ Family photographs (not in frames)
- ✓ A stuffed animal
- ✓ Cordless music devices with preloaded music are recommended. Here is a link to an example of an acceptable item: [Headphones with Micro SD slot](#)
- ✓ Books, magazines, drawing pads (without metal binding)

Items that are not allowed:

- ✓ Electronics that record audio or contain any kind of camera or capability to take photos or video
- ✓ Electronics that have Wi-Fi connectivity (even if Wi-Fi is disabled)
- ✓ Perfume
- ✓ Make-up
- ✓ Jewelry – including watches and piercings
- ✓ Metal- including hair accessories (i.e. barrettes, bobby-pins), spiral notebooks, picture frames, etc.
- ✓ Money, food, or candy – (as residents' needs will be met by this agency)

Northwest Passage is not responsible for the loss or damage of any personal belongings.

* NWP will provide appropriate plastic spacers to replaced piercing jewelry items if needed.