NORTHWEST PASSAGE PRAIRIEVIEW

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:

14 pair underwear

4 bras 8 pair of pants (at least 2 athletic)

4 sports bras 6 athletic shorts (must be fingertip length)

5 long sleeve shirts/sweatshirts pajamas

10 t-shirts 1 fall jacket

14 pair socks Eyeglasses (if prescribed)

2 pairs shoes (1 athletic shoe and 1 crocs/slides)

# \*Please do not pack ripped, torn, holey clothes, tank tops or low cut or midriff-baring tops\*

***Winter***

1 winter coat 1 pair boots

1 pair gloves/mittens 1 wool type hat

1 pair long-john bottoms 1 long-john top

# Summer

1 swimsuit (without strings and 1 piece preferred; if 2-piece, shirt will be required)

\*Please note that each resident’s initials will be placed on the tags of all clothing**\***

All necessary bathroom and personal hygiene supplies will be provided by Prairieview. 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
* 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)

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

MUSIC – Due to privacy/confidentiality needs, we cannot allow most electronic devices. We understand that many of our clients enjoy music and use it as a coping mechanism. Therefore, **NWP will provide each admitting client with a set of wireless headphones that will come with a micro SD card pre-loaded with a variety of music.** Clients can add additional songs to their SD card as they earn opportunities in phase advancement.

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