



The Emily Program

The eating disorder specialists

Residential Packing List

To provide a safe and comfortable environment for all residents, The Emily Program (TEP) Residential requires clients to limit personal belongings to items listed below. Staff will search all belongings upon admission and items not adhering to these guidelines may be sent home or stored on site. If you have questions about this list, please contact your Program Support Coordinator or Clinical Admissions Specialist.

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. Exceptions for suitcases, duffels, laptop bags and backpacks will be made for clients traveling to the site via public transportation; however, suitcases, etc. are not allowed in the facility and will be stored. Toiletries and cosmetics must be packed in clear plastic bags. Cosmetic/toiletry 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 or stored on site. Onsite laundry facilities are accessible to clients.

What to Pack

To help protect our site against unwanted pests, all clothing and fabric items, purses and wallets will be heat-treated upon admission and after any outings or passes. **DO NOT bring clothing and fabric items or purses and wallets that could be damaged in a hot dryer cycle or heat room. The Emily Program will not be liable for damaged items.**

Clothing*

- 1-2 pairs of jeans (if desired)
- 4-5 sweatshirts/pullovers
- 3-4 pairs of comfortable pants that allow for movement (e.g. sweatpants, joggers, etc.)
- 5 pairs of pajamas
- 7-10 pairs of socks
- 10 pieces of underwear
- 7 T-shirts/short sleeves
- Bras
- Outerwear appropriate for the weather
- 1 pair of slippers/sandals
- 1 pair of comfortable/tennis shoes for passes/outings
- Shower shoes (flip-flops/sandals)
- Bathrobe

Hygiene Items**

- Shampoo and conditioner
- 1 bottle of body wash or 1 bar of soap
- 1-2 hair care products (gel, hairspray)
- 1-2 hair accessories (ponytail holder, clips)
- Comb/hairbrush
- 1 bottle of lotion
- Makeup (not to exceed a 1-quart bag)
- Curling iron, flat iron, hair dryer
- Chapstick/lip balm
- Toothbrush and toothpaste, alcohol-free mouthwash
- Razor
- Shaving cream
- Deodorant
- Contact solution
- Eye glasses
- Menstrual products (tampons, pads, etc.)
- Face wash
- Dry shampoo/hair spray

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 at AWHHA)
- 1-2 notebook/sketchbook/journal (not spiral bound)
- Headphones
- Fidgets
- Word finds/mind puzzles

- Contact list of friends and family
- Personal photos (no picture frames or glass)
- Art/craft supplies (scrapbooking/beading supplies, etc.)
- Crochet/knitting supplies* (needles will be secured and available upon request.
- 1 stuffed animal (must be of reasonable size and able to withstand heat treatment)*
- Postage stamps
- School text books
- Religious items, if desired
- Playing cards

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 (Also allowed for adolescents at Anna Westin House West)
- Clear plastic water bottle (No glass)
- Cigarettes (must be age 21 or older, pre-packaged, manufactured or E-cigarettes only; bring 30-day supply)

**All clothing and fabric items (including yarn), purses and wallets will be run through a hot dryer cycle for 30 minutes or heat room procedure during the admit process and after any outings and passes.*

***Please limit the number of cosmetics, personal hygiene items, etc. Fragrance-free products are recommended but not required. Excessive items may be sent home. Pack hygiene items in a clear plastic bag. Items with a sharp edge will be secured in a locked area and available upon request.*

****Religious practices or spiritual beliefs are not a component of The Emily Program's treatment program; however, we will work with you to accommodate items used in your spiritual practice. Please reach out to your site's Program Support coordinator to discuss these accommodations.*

Medications/Supplements

- Bring a 30-day supply of prescriptions and over-the-counter medications that you take routinely (including EpiPens/inhalers). **NOTE: IF YOU REQUIRE AN EPIPEN AND DO NOT BRING ONE, WE ARE UNABLE TO ADMIT YOU.**
- Medications must be labeled with your current legal name in original containers and cannot be expired. (Nursing staff cannot administer expired medications or medications not in original containers with your current legal name.) **NOTE: If your name has changed, your pharmacy can assist you in getting new labels for your medications.**
- All over-the-counter medications and supplements (including herbal) must be in the original UNOPENED container, and must have the original manufacturer's label. Opened containers of over-the-counter medications and supplements will not be permitted.
- Pack all medications/supplements together and have them easily accessible. (They will be promptly given to nursing staff upon admission.)
- Subsequent refills and/or new medication orders will be processed by medical staff using an external pharmacy.
- Herbal or vitamin supplements brought with you will be ordered at the discretion of our medical providers based on need and potential interactions with other medications.
- 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 (as needed)
- Desktop computers with printer and internet access
- Kleenex
- Cleaning supplies
- Toilet paper
- Hand soap
- Games and movies
- Telephones
- Free Wifi (for adults)

What NOT to Pack (If brought, these items will be sent home or stored.)

- No suitcases, duffels, canvas bags (unless traveling via public transportation), laptop bags, backpacks or cosmetic bags
- No purses, wallets, clothing or other fabric 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 (keepsake boxes, figurines, etc.)
- No appliances other than hair dryers, curling irons, straighteners

- No 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
- No sensory items like kinetic sand

Prohibited Items

- Weapons
- Cameras
- Candles and incense
- Illegal drugs or alcohol, including any products containing alcohol
- Outside food or condiments

- 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