

**Medications**

- All prescription medications must arrive in the original containers
- Over the counter medications and herbal supplements must new in unopened/sealed containers
- Some over the counter medications are stocked here on site, contact nursing for full list (x513/x515)
- Bring a signed physician order for all herbal supplements and over the counter medications that your child regularly takes
- Prescriptions, medicated lotions, contact lenses, saline solution, etc will be checked at admit through the nursing team

**Clothing**

**\*\*\*All Laundry is done weekly in one load, white and darks will be mixed**

**(clients can request to do their own laundry)**

<b>Advised Packing List</b>	<b>NOT approved items</b>
1-2 pairs of slippers or slides	Slippers/Slides must be slip-on without backs
8-10 pairs of pants	No drawstrings No stretch fabric (yoga pants/leggings/spandex) No shorts above the knee No rips or tears showing skin above mid-thigh
8-10 shirts All logos/writing on shirts needs to be treatment appropriate	No drawstrings No crop tops (if it is a square rather than a rectangle shape) No spaghetti straps No hoodies
1-3 Jackets	No drawstrings No hoods
2 pairs of pajamas	Must still abide by all parameters above
3-5 Bras	Underwire only allowed if not poking out due to overwear
8 pairs of socks	
8 pairs of underwear	
1 blanket / comforter *we can also provide one for you if you do not have one to bring	Must not have any drawstrings/ties or holes Must be able to be washed here on site No pillows from home
	No hats or Beanies

## Adolescent Packing List

### Personal items

Limit of <u>10 Hygiene/Makeup</u> items: We provide hairbrush, toothbrush, shampoo/conditioner, deodorant, lotion, hair dryer, straightener	No products containing alcohol No toiletry bags on unit No mirrors, glass, or sharp metals
Electric Shaver Must be cordless and rechargeable	
If you bring jewelry to admission, we will send it home or can store items here – however we are not responsible for lost/stolen items	NO jewelry or piercings allowed except silicone plugs
Books, coloring books, journals (3-5) must be treatment appropriate, on-site therapist will need to approve	No magazines No spiral bound journals Journals may not have contact information in them for non-approved contacts
Computer + Charger will only be available for schoolwork	
Art supplies	No personal art supplies (paints, colored pencils, markers etc) We have an abundant amount of art supplies for clients to use while here

### Music Policy

- Clients will be provided with their own personal MP3 player to listen to music while at Madrona
  - Client can purchase this MP3 players if they are able to graduate treatment and earn enough Madrona dollars to purchase
- Clients can bring in their own personal MP3, however it must be wiped of music and be loaded with Madrona approved community music
- All music on MP3 players will be loaded by staff on Saturdays with a designated staff member
  - All music must be treatment appropriate (no drug or gang glorification, no slurs, racist or homophobic language)
  - Songs can be request during Saturday Music Appreciation group, amount of song requests depends on how far along in the treatment phases the client is

### Two preapproved MP3 player options you can purchase on amazon and send to our facility

[Amazon.com: SanDisk 8GB Clip Jam MP3 Player, Black - microSD card slot and FM Radio - SDMX26-008G-G46K : Everything Else](#)

Amazon.com: SanDisk 8GB Clip Jam MP3 Player, Black - microSD card slot and FM Radio - SDMX26-008G-G46K : Everything E