



WHAT TO BRING AND LEAVE AT HOME

Packing Guidelines for Clients

To ensure a safe, supportive, and structured environment, please review the following packing guidelines. Items brought outside of these guidelines will be sent home with a parent or guardian.

Clothing

Bring:

- 8 bottoms – pants or shorts (sweatpants preferred; no cargo styles)
- 8 t-shirts – modest fit (no cropped, tight, or altered shirts)
- 8 pairs of socks
- 8 pairs of underwear – full coverage only (no thongs)
- 2–3 bras (for girls) – wire-free only
- 3 sets of pajamas – modest
- 2 pairs of shoes – one athletic, one slide-style
 - The shoes will be used in activities and will get dirty and scuffed. Please do not bring expensive shoes
- 2 sweatshirts or long-sleeved shirts

Do NOT bring:

- Cargo pants or cargo shorts
- Tight, cropped, sheer, sleeveless, or low-cut tops
- Leggings, spandex, or skinny jeans
- Skirts or dresses
- No Hoodies

- Clothing with inappropriate logos (drugs, alcohol, sex, gangs, cults, etc.)
 - Ripped clothing, clothes with hole, or clothing without hems
 - Excessively baggy items
 - High heels, combat boots, or steel-toed boots
 - Jewelry of any kind
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Personal Items

☑ Bring:

- Hairbrush and/or comb
- Hygiene items: **new and sealed** toothbrush, toothpaste, shampoo, conditioner, lotion, soap, and deodorant
- 1 personal blanket
- 1 stuffed animal (must stay in client's room)
- Up to 4 unframed family photos

✗ Do NOT bring:

- Aerosol sprays (e.g., hairspray or spray deodorant)
- Perfume
- Glass containers of any kind
- Blow dryers, curling irons, flat irons, or electric shavers
- Skateboards or similar recreational items
- Phones, mp3 players or electronics of any type
- False Nails, Eye Lashes, or Hair Extensions. Please remove prior to admissions
- No skin care regimens

Considerations

- Please ensure all items are modest, appropriate, and follow these guidelines. If you're unsure about an item, feel free to reach out to the team before packing.
- Lotus Behavioral Health cannot be held liable for any lost, stolen, loaned, or damaged articles.
- Your child should not bring any expensive or valuable items to the center.
- Ensure that all items brought to the center for my child are properly marked or labeled.
- No clothing swaps allowed - Please don't change clothes out while on outings
- No items to be brought in to the facility after admission without prior approval
- Items remaining at the facility for more than 30 days following discharge will be donated.