

CLOTHING

Our students may have dressed in impractical, inappropriate or faddish clothing to create a particular “image” before coming to Northwest Academy. One of our objectives is to help our students create healthy relationships based on who they are rather than how they appear. Therefore, we require students and faculty to wear practical, durable clothing that is appropriate for work, play and other activities. The following clothing guidelines were created to help you understand the types of clothing worn at Northwest Academy.

- All clothing items should be hand or machine washable.
- Preferred clothing styles should be conservative and sized to fit.
- Styles should be appropriate to the student’s age.
- Neither oversized, baggy, or clingy, too-tight clothing is appropriate.
- We prefer brightly colored clothing because of its cheerful appearance.
- White is an acceptable color, as long as it is not sheer.
- Students may wear one black clothing item at a time, but are not permitted to dress entirely in black.

Clothing with Logos

Some logos on clothing remind our students of negative or self-defeating behaviors in their past and are therefore not helpful in encouraging growth. Northwest Academy permits logos on clothing as long as they do not include references to or depictions of cigarettes, alcohol, street drugs, drug paraphernalia, or sports logos that can be associated with gang affiliations.

Academic Dress Code

In order to enhance the academic experience and avoid distraction to the learning process, students are to dress appropriately for their academic classes. Instructors and the academic director will have the final say as to appropriate apparel for class. Student attire is addressed below.

Pants:

Students are to wear khakis or slacks of fitted size. Colors may be tan, grey, olive, navy, or black. Girls may have khaki skirts no less than 2 inches above the knee. Non-studded belts must be worn with slacks.

Shorts may be worn in warmer weather. They are to be of similar material, not frayed and worn with belts. Shorts are to be no less than one inch above the knee, and may not fall below the knee.

Shirts:

Polo shirts with collar or dress shirts are to be worn tucked in.

Sweaters:

Students may wear sweaters as an alternative to a collared shirt (no hooded sweaters.) Shirts must be tucked in. Students with specific body issues may confer with the clothing manager to find styles and designs that are both comfortable and neat. Some woman’s blouses are designed to be worn untucked. The clothing manager will determine if it is appropriate to do so.

Pull over sweatshirts are permitted, no hooded sweatshirts are allowed.

Students must remain in their academic clothing until the end of the academic day. Students may wear jeans after classes and on weekends or during outside activities if appropriate.

Students must dress up for graduations and other special events. The boys must have a dress shirt and tie available to them, and the girls must have a dress, dress skirt, or dress slacks.

- The therapist will let you know when more clothing is needed and will provide you with specific descriptions and sizes. Please purchase clothes at our written request only, and not in response to requests from your student. If you are uncertain about the appropriateness of a piece of clothing, please check with the therapist before mailing.
- Please send clothes only in the quantity we specify
- If you purchase clothing, please keep your receipts and leave the tags on in case it needs to be returned. Do not mark it with the student's name, as it may not be the correct size, or may be inappropriate. We will mark clothing with your student's name or initials after we have determined its appropriateness.
- Clothing may be returned if the student simply has too much (there is limited storage), or because the item is inappropriate.
- Team Leaders may determine at any time that certain clothing items are inappropriate for individual students.
- Shirts: We do not permit transparent fabrics or crop length shirts. The neckline on girls' shirts must be modest, with no deep 'V' or low scoop necks. Tank tops are allowed only if bra does not show. Shoulder strap must be at least 2" wide. Crew neck shirts are preferred.
- Dresses/Skirts/Shorts: Dresses, skirts and shorts may not be shorter than the top of the knee. Sleeveless clothing is acceptable as long as the bra does not show. Please do not send dresses or tops with spaghetti straps, Spandex, clingy fabrics or tight fitting clothes.
- Pants/Shorts: We discourage sagging pants and shorts. We prefer pants and shorts that fit and do not have frayed hems.
- Shoes: Remember that we live in a rugged outdoor environment with variable weather that is often extreme. Students need shoes that are sturdy, casual, durable and low-heeled (Less than 1 inch). We suggest you provide your student with one pair each of dress shoes, athletic shoes, sandals with back strap, heavyweight back-country hiking boots, snow boots, slippers and shower shoes. (See Clothing List.) Slippers and flip flops are for dorm use only.
- Underwear: All underpants must have a minimum of a 1 inch side strap. Style should be conservative with girls wearing pastels or a simple print. No demi, push-up or padded bras (some lining is acceptable) or thong underwear. Boys should wear either boxers or briefs. For modesty reasons, boys must wear briefs when they are wearing shorts.

Clothing List

Limited storage space dictates that each child only have the necessary clothing. Please limit belongings to the following items.

Everyday Wear:

- **8-10** pairs of underwear: basic, standard, conservative (no "Victoria Secret" for girls. Boys should have at least 3 pairs of briefs in addition to boxers)
- **5** bras total (must include 2 sports bras)
- **2** white undershirts
- **8-9** pairs of athletic socks, **3** pairs dress socks, **1** pair fleece socks, **6** pairs wool socks
- **3** pairs pajamas
- **1** Robe

- 2 Belts (black or brown for dress, 1 sturdy belt for work)
- 8-10 pairs of pants – total can include no more than 5 pairs of jeans, 5 pairs of khakis or cords
- 1-2 pair dress pants or slacks
- 10 shirts – combination of polo, long and short- sleeved t-shirts, turtlenecks
- 5 flannel or chamois shirts (long sleeve)
- 2 pairs sweatpants
- 3 sweatshirts and or sweaters (over the head style, no hoody's)
- 4 pair gym shorts

Dress Clothes:

- 2 outfits, including ties and jacket for boys or dresses and skirt/blouse combo for girls
- 1 slip for girls

Shoes:

- 1 pair athletic shoes, 1 pair dress shoes (no more than 1 inch heel) 1 pair sturdy hiking boots, snow boots, casual shoes that can be worn with jeans, sandals with back strap, flip flops or shower shoes. Flip flops are not permitted for safety reasons outside of the dorm.

All Weather Activities Clothing:

- 2 poly pro tops
- 2 poly pro bottoms
- 1 expedition weight fleece top
- 1 expedition weight fleece bottom
- 1 fleece jacket
- 1 fleece pant
- 1 rain/wind jacket (waterproof/breathable material)
- 1 rain/wind pant (waterproof/breathable material)
- 1 fleece or wool hat
- 2 pairs of quick dry shorts
- 1 sleeping bag (0 degree synthetic down)
- 1 pair fleece mittens
- 1 pair ski gloves
- 1 pair sunglasses
- 1 swim suit (one piece tank style for girls)
- 1 pair work gloves
- 1 pair sandals (with heel strap such as Tevas or Chacos)

Toiletries:

Basic necessities only (electric shaver, hairdryer and curling irons are acceptable.) Limited makeup for girls who are in Challenge and Summit phases. Hair must be worn back in a ponytail or away from face if shorter. Students may represent on Challenge and Summit phase for other hair privileges.

Jewelry:

- Stud earrings for girls (boys are not allowed to wear earrings.) No facial, tongue or body piercing. No belly button rings allowed. 2 pieces of jewelry worn at a time. Challenge Phase and above may represent for additional privilege.
- Tattoos- covered at all times if possible
- Casual, inexpensive watch is acceptable

Northwest Academy is not responsible for any lost or stolen items.

WHAT IS NOT ALLOWED

- Trendy, faddish and expensive designer labels
- Leather or denim jackets
- Hooded Sweatshirts

- Tank top style undershirts (know as “wife beaters”)
- Military style clothes (except approved wool pants)
- Multi-zippered, fluorescent or neon-colored clothing
- Trendy or faddish hairstyles
- Purses/wallets/money
- Cologne/perfume until Challenge Phase (mid-program); with no alcohol content
- Digital or Polaroid cameras, cell phones, radios, I pods, computer games, stereo, cassette players, cassette tapes or CD’s
- Illegal drug or alcohol related posters (includes most music groups and Rastafarian logos)
- Aerosol cans, styling products or other items containing Alcohol

* Individual department heads may see fit to institute additional requirements.

ENROLLING STUDENTS WILL RECEIVE THE FOLLOWING ITEMS FROM ADMISSIONS:

- Hangers
- Hygiene bag (with soap, shampoo, conditioner, toothpaste, deodorant)
- 2 laundry bags
- Extra large duffle bag (this will be stored for off campus trips)
- 2 sets of sheets, 2 pillow cases, 1 comforter and 1 blanket, 1mattress pad, 1 pillow
- 2 large bath towels, and 2 wash clothes
- Toothbrush, comb or brush
- Water bottle
- Work gloves

Alarm clock (with no radio) and family photos are optional items for students to bring upon enrollment.