

Nursing Home Clothing Inventory and Label Checklist

Count it, label it, photograph it, then hand a copy of this sheet to the facility at admission. Federal rules give your parent the right to keep their own clothing and require the facility to take reasonable care of it (42 CFR 483.10). An itemized list is what makes that right enforceable.

The rule for every item: name on the care tag or inside the collar, in a method rated for hot commercial laundry. Healthcare laundry commonly runs at 160°F for 25 minutes (CDC), then a hot dryer. Marker on stretchy fabric fades, iron-ons pressed for five seconds peel. Put the label on the flat polyester care tag, press for the full time, and add a phone number to anything that may leave the building.

CLOTHING INVENTORY

ITEM	SUGGESTED	PACKED	LABELED
Tops, short and long sleeve	7 to 10		☐
Pants, elastic waist	7		☐
Underwear	10 to 14		☐
Bras or undershirts	5		☐
Socks, non-slip	10 pairs		☐
Sweaters or cardigans	3		☐
Nightwear	3 to 4		☐
Robe	1		☐
Jacket or coat	1 to 2		☐
Shoes, closed back	2 pairs		☐
Slippers, non-slip	1 pair		☐
Hat, scarf, gloves	1 set		☐
Special occasion outfit	1		☐

Typical total: 45 to 60 items. Buy machine-washable, skip dry-clean-only, keep heirlooms at home.

WHERE EACH LABEL GOES

- ☐ Tops, sweaters, nightwear: care tag, or inside the back collar
- ☐ Pants and underwear: care tag, or inside the back waistband
- ☐ Socks: marker on the sole of both socks; buy identical pairs
- ☐ Shoes and slippers: inside the tongue or heel, or a sticker under the insole
- ☐ Coats: care tag plus a card in an inside pocket
- ☐ Bedding, blankets, towels: corner hem

Never over a seam or on ribbing. Let iron-ons cool before touching and wait 24 hours before the first wash.

NOT JUST CLOTHING

- ☐ Glasses (engraved or a fine-tip marker inside the arm)
- ☐ Hearing aids and their case
- ☐ Denture cup and dentures (ask the dentist about marking)
- ☐ Phone, charger, tablet, remote
- ☐ Walker, cane, wheelchair, cushion
- ☐ Blankets, pillows, laundry bag
- ☐ Photo frames, lamp, radio

BEFORE YOU LEAVE

- ☐ Photograph every item laid out on the bed
- ☐ Give one copy of this sheet to the nurse manager, keep one
- ☐ Ask: who does laundry, how often, where do unclaimed items go
- ☐ Ask whether they label items on admission and at what cost

LABELS THAT RIDE THE CARE TAG THROUGH THE FACILITY LAUNDRY

ContactMyParent clothing labels iron onto the wash-care tag already sewn inside each garment, the flat polyester surface that takes heat and survives a hot commercial wash. Each one carries the name and a QR code: whoever finds a wandering resident, or a lost cardigan, scans it with any phone camera and reaches you. Update your number online without relabeling a thing.

Honest note: a label brings clothes back and identifies a person. It does not stop mix-ups at the folding table, so photograph everything and keep the inventory current.

Starter

10 labels, \$14

Wardrobe

25 labels, \$24

Move-In

50 labels, \$39

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