

Getting Dressed Checklist (Putting on Clothing in the Right Direction)



1.



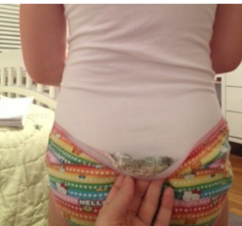
Take off dirty clothes (or pajamas).

2.



Undershirt: Select a clean undershirt. Look for the label or tag on the inside, back of the shirt. Put on shirt so the label/tag touches your back.

3.



Underwear: Select clean underwear. Look for the label or tag on the inside, back of the underwear. Step into the underwear one leg at a time, so the label/tag touches your backside when you pull it up to your waste.

4.



Socks: Select clean socks. The front of the socks is bulkier, to provide room for your toes. Put on socks, one foot at a time, so the front of the socks touches your toes and the back of the socks touches your heel.

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5.



Pants: Select clean pants. Look for the label or tag on the inside, back of the pants. Put on pants, one leg at a time, so the label or tag touches your backside when you pull it up to your waste.



Note: Often if pants have zippers, buttons, snaps or drawstrings, these are found on the front of the pants, and should touch the front of your body when they are put on correctly.



6.



Shirt: Select a clean shirt (short or long sleeved). Look for the label or tag on the inside, back of the shirt. Put on shirt so this label/tag touches your backside.



7.



Sweater/Sweatshirt: Select a clean sweater or sweatshirt. Look for the label or tag on the inside, back of the sweater/sweatshirt. Put on sweater/sweatshirt so this label/tag touches your backside.

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8.



Shoes: Select a pair of shoes. The front of the shoes is bulkier, to provide room for your toes. Put on shoes, one foot at a time, so the front of the shoe touches your toes and the back of the shoe touches your heel. If needed, velcro or tie your shoes to secure them.



Note: Often shoes have shoelaces or velcro. These are found on the top of the shoe and should touch the top of your foot when put on correctly.

9.



Jacket: Select a jacket. Look for the label or tag on the inside, back of the jacket. Put on jacket, one arm at a time, so the label/tag touches your backside.



Notes:

a. Often if jackets have zippers, buttons or snaps, these are found on the front of the jacket, and should touch the front of your body when they are put on correctly.

b. Often if jackets have hoods, these are found on the back of the jacket, and should touch the back of your body when they are put on correctly.

