



What to Bring:

Toiletries

- Shampoo, conditioner, hair products, face creams, etc (alcohol-free and in original sealed containers — no open containers will be accepted).
- Soap, toothbrush, toothpaste, dental floss, shaving razor and cream.
- Feminine hygiene products.
- Deodorant.
- Shower sandals.

Clothing

- Comfortable casual clothing.
- Sleepwear.
- Socks and underwear.
- Bathrobe.

- Bathing suit (one-piece) (pool open from July to September).
- Jacket (weather-appropriate).
- Hat, gloves.

Workout Gear

- Gym shoes and workout clothes (no single strap tops, sleeveless tees or tank tops).
- Reusable sports bottle.

Other

- Minimum 1 week of prescription medications (in original bottles) with prescription(s).
- Debit and/or credit card.
- Medicare card + 1 other official photo ID.
- Minimum 1 week's worth of cigarettes.
- For vape users – pods must be in unopened packages. Note that residents cannot switch from vape to cigarettes and vice versa.
- List of family members' contact info with emergency numbers.
- Stationary such as pens, correction tape, envelopes, stamps.

What to **NOT** Bring:

- No cologne or perfume.
- No mouthwash or other products with alcohol.
- No items with offensive, sexual or any slogans that promote alcohol/drugs/violence.
- No revealing clothing (short shorts, shirts that expose stomach or shoulders).
- No aerosol products.
- No alternative medicines of any form will be accepted.
- Please do not bring any food, candy, drinks of any kind.
- Petty cash:
 - We ask that a credit card authorization form be completed for most incidentals, however residents may need emergency money for items such as cigarettes, clothing articles, etc. All funds are safely locked away and an accounting record is kept. Residents are not permitted to be in possession of any money while at the centre.
- Reading material:
 - Only recovery-related or spiritual reading material is permitted. We have a well stocked library of such books that can be used by the residents during their stay.

* Any items deemed inappropriate for recovery will be stored until discharge. If there is anything you are unsure of, please do not hesitate to contact us prior to arrival.