



A:yelexw Personal Belongings

Important points about our recovery home:

1. Some bedrooms will be shared with another participant.
2. Each participant will have their own locking bedside table.
3. There is a central lock box where wallets, cell phones and medications will be stored when not in use.

What to bring

Identification: Driver's license or other government-issued photo identification
Or bring a copy of a birth certificate or status card.

Luggage: Please limit yourself to one large suitcase and one bag of clothing.

Toiletries: You should pack items as shampoo, conditioner, toothpaste, hair gel, body wash and soap. All toiletries must be alcohol free.

Calling Card: Bring a calling card to make long distance calls at designated times.

Contact Information: Please bring a list of phone numbers and addresses of family members, doctors, psychiatrists, counsellors, attorneys, and of anyone else you might like to contact.

What to leave at home

Valuables: Large sums of money or other items of value should be left at home. We cannot be responsible for personal property that gets lost, stolen or damaged.

Offensive Clothing: Clothing with writing or pictures of alcohol or drug-related themes are not permitted.

Items with Alcohol: Items that contain alcohol, such as aftershave lotion and mouthwash, are not permitted.

----- Seabird Island Health -----

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