

### **Things to bring:**

- Health care card
- Driver's license
- Money (cash, credit, debit)
- Current medications- 3-4 days' worth
- Medical supplies (i.e. diabetic testing strips)
- Toiletries
- Sleepwear
- Comfortable clothing- sufficient for 7-14 days
- Weather appropriate clothing and recreation wear (rain wear, hiking boots, etc.)
- Fitness wear (T-shirts, shorts, track pants for use at the recreation center)
- Swimwear and towel

### **Things not to bring:**

- Clothing that promotes alcohol, drugs, violence, racism, or homophobia
- Drug paraphernalia
- Weapons (including pocket knives)
- Valuable jewelry/expensive clothing
- Pornography
- Mouthwash or other toiletries containing alcohol
- Over the counter medications and herbal remedies\*
- Nutritional supplements\*

\*If you are unsure about a drug, supplement, beverage or food item, please check with intake services prior to your admission date.

### **Miscellaneous**

Personal electronic devices (cell phones, tablets, iPods, laptops, etc.) are permitted- according to house rules.

### **Laundry facilities**

Onsite laundry (including laundry soap) is available.

### **Visitors**

Family members are welcome to visit on Saturday and Sunday afternoon.

### **Telephone**

Clients can be reached on the house phones. Clients are responsible for providing this number to family and friends.

### **Mailing address for letters and parcels**

Client's name  
c/o Together We Can  
2831 Kingsway  
Vancouver, BC  
V5R 5H9