

What to Bring / What Not to Bring

Northstar Recovery for Women

A simple packing guide for residents, families, and referral partners preparing for arrival. Please confirm any situation-specific questions with intake before packing.

Tip: pack light. One suitcase and one carry-on is usually best.

Before You Pack

Northstar provides towels and bedding. Bring practical items that support comfort, routine, and recovery. If you are unsure about an item, ask intake before arrival.

Clothing and Shoes

- ☐ One week of comfortable outfits that can be layered
- ☐ Comfortable sleepwear
- ☐ Workout clothing
- ☐ Shoes for walking and indoor use
- ☐ Shower shoes or flip-flops
- ☐ Sweater, hoodie, or light jacket
- ☐ Everyday jewelry only, such as a wedding ring or watch

Toiletries and Personal Care

- ☐ Toothbrush and toothpaste
- ☐ Alcohol-free mouthwash
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Face wash, moisturizer, lotion, and lip balm
- ☐ Hairbrush or comb
- ☐ Menstrual or personal hygiene products
- ☐ Basic makeup, if desired

Important Documents

- ☐ Government-issued photo ID
- ☐ BC Services Card or health insurance card
- ☐ Prescription card or pharmacy information
- ☐ Current medication list and dosages
- ☐ Emergency contact information
- ☐ Small amount of cash, if desired

What to Bring

Pack only what you need. Simple, practical items are easier to manage in a shared living and treatment environment.

Prescription Medications

- ☐ Prescription medications in their original packaging
- ☐ A current list of medications and dosages
- ☐ Allergy information
- ☐ Pharmacy contact information
- ☐ New, unopened liquid medications, if applicable
- ☐ Ask intake before packing over-the-counter medications, vitamins, or supplements

Phone, Money, and Devices

Phone access may be limited during the initial stabilization period and follows program guidelines. Bring only essential cards, cash, and approved devices. Staff can explain current phone, banking, and storage guidelines during intake.

Personal Comfort Items

- ☐ Journal or notebook
- ☐ Sketchbook or reading material
- ☐ Recovery-related, spiritual, or devotional book, if desired
- ☐ A few simple comfort items that are easy to store
- ☐ Small approved music player without internet or camera access, if permitted

Smoking or Vaping Supplies

If you smoke or vape, speak with intake before arrival about what is permitted and how much you should bring. Current house guidelines may vary.

Medication Reminder

Please do not stop, change, or pack medications without speaking to your prescriber or the intake team. All medications, supplements, and over-the-counter products must be reviewed and stored according to program guidelines.

When in doubt, ask intake before packing it.



What Not to Bring

These guidelines help maintain a safe, respectful, and recovery-focused environment. Please ask intake before bringing anything you are unsure about.

Substances and Drug-Related Items

- ⊘ Alcohol
- ⊘ Illicit drugs or non-prescribed substances
- ⊘ Cannabis products unless approved as part of a medical plan
- ⊘ Drug paraphernalia
- ⊘ Products containing alcohol, such as some mouthwash, sanitizer, or nail polish remover

Health, Beauty, and Supplements

- ⊘ Opened vitamin or supplement bottles
- ⊘ Over-the-counter medications not approved by staff
- ⊘ Medications not in original packaging
- ⊘ Aerosol products unless approved
- ⊘ Excessive makeup, jewelry, or personal-care items

Electronics and Devices

- ⊘ Laptops
- ⊘ Tablets or e-readers
- ⊘ Digital cameras
- ⊘ Smartwatches
- ⊘ Extra internet-connected or camera-enabled devices
- ⊘ Extra phones, cords, or chargers unless approved

Valuables, Storage, and Safety Items

- ⊘ Expensive jewelry or valuables
- ⊘ Large amounts of cash
- ⊘ Furniture or large personal belongings
- ⊘ Vehicles that require storage
- ⊘ Weapons, pocket knives, or sharp objects
- ⊘ Candles, incense, or open-flame items
- ⊘ Outside food or drinks unless approved

Clothing Guidelines

- ⊘ No clothing with drug or alcohol references
- ⊘ No explicit, offensive, or discriminatory images or language
- ⊘ Pack comfortable, modest clothing appropriate for shared living and group programming

Still Have Questions?

Contact intake before arrival if you are unsure what to bring, what to leave at home, or how to prepare for your stay.

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