



# What to Bring

## Packing Guide for Charlford House

Please use this guide to prepare for admission. Requirements may change, so contact Charlford House before arrival if you are unsure whether an item is allowed.

**Before packing anything not listed here, please check with Charlford House staff. All items are subject to review during intake.**

### **1. Appropriate Clothing and Accessories**

Generally, please bring the following items:

- A week's worth of outfits that can be layered depending on the weather
- Clothing free from drug-related references or offensive language
- Comfortable sleepwear
- Non-revealing workout clothing; leggings, cropped shirts, or similar items may be restricted
- One-piece swimsuits
- Sneakers for outdoor activities
- Shower shoes or flip flops
- Jewelry worn every day, such as a wedding ring or watch
- Sweater or jacket for indoors
- Slippers or indoor shoes

*As a rule, avoid bringing expensive clothing, shoes, jewelry, or valuables that could be lost during the program.*

### **2. Toiletry and Hygiene Products**

Bring the basic toiletries and hygiene products that you use daily, such as:

- Toothbrush
- Toothpaste
- Alcohol-free mouthwash
- Basic makeup essentials, if desired
- Feminine hygiene products
- Shampoo and conditioner
- Face wash and moisturizer
- Lotion
- Lip balm

*While packing toiletries, double-check each label for alcohol. If alcohol is listed as an ingredient, please leave the product at home.*

### **3. Important Documents**

Please pack important documents, identification, and essentials, including:

- A form of identification, such as a driver's licence or province-issued ID
- Health insurance card
- Prescription card or pharmacy card
- A small amount of cash, if desired; clients will have a petty cash account monitored by program staff

*You may bring your wallet, but typically you will not need a credit card or debit card while in the program until restrictions are lifted.*

### **4. Prescription Medications**

If you regularly take medications, please pack:

- Prescription medications in their original packaging
- Liquid medicines, if applicable, in new and unopened packaging
- A list of prescribed medications and dosages for each medication

*You may not have direct access to your medication after intake. This information helps the care team understand your medical needs. Always ask before packing medications or supplements that may not be permitted.*

## **Medication and Supplement Items to Confirm Before Packing**

- Medications containing alcohol
- Narcotic medications
- Over-the-counter medications
- Nutritional supplements

## **5. Reading and Writing Materials**

While your focus will be on recovery and program activities, there may be some downtime. You may bring:

- Sketchbook
- Journal or notebook
- Book or devotional; please ask which types of books are acceptable

*Items that may distract from the program should be left at home.*

## **What Not to Bring**

### **1. Substances and Drug-Related Items**

- Alcohol and illicit drugs
- Drug paraphernalia
- Any product containing alcohol, such as mouthwash, hand sanitizer, or nail polish remover

*These items are strictly prohibited to maintain a safe and substance-free environment for all participants.*

### **2. Restricted Health and Beauty Products**

- Aerosol products, such as hair spray or cleaning sprays
- Opened vitamin bottles or unapproved supplements
- Excessive makeup or jewelry

*To reduce risks and distractions, only basic personal items and approved supplements are allowed. Please check with staff before bringing vitamins or supplements.*

### **3. Inappropriate or Prohibited Clothing**

- Clothing with drug or alcohol references
- Clothing with explicit, offensive, or disrespectful content

*Charlford House supports a respectful and distraction-free atmosphere. Modest and appropriate attire is expected.*

### **4. Electronics and Devices**

- Laptops, tablets, and digital cameras
- E-readers and smartwatches
- Any device with internet access or camera access

*These devices can interfere with treatment and privacy. They should be left at home.*

### **5. Miscellaneous Prohibited Items**

- Weapons, including pocket knives and sharp objects
- Food or drink that has not been approved by staff
- Candles or incense

*These items pose safety, storage, privacy, or fire hazards and are not permitted on site.*

**Questions before arrival? Please contact Charlford House at 604-420-4626 or visit [www.charlfordhouse.ca](http://www.charlfordhouse.ca).**

*This packing guide is intended for client preparation and may be updated by Charlford House staff as program requirements change.*