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## What to bring

- ONLY as much clothing as you will need for 5 to 7 days  
(We don't have storage available although we do have laundry facilities.)
- Comfortable clothing and shoes for exercise and walking.
- Medications prescribed by your doctor must be in properly labeled containers.  
Please do not mix pills.
- Clients using prescribed Methadone must be referred through our Detox Supervisor
- If you smoke, bring enough cigarettes to last through your stay (no passes during your stay).
- Your medical card (if you have one).
- Toiletries, towels, and facecloth etc. if you can
- Money for transport home or a return bus ticket.

## What not to bring

- Cell phones
- E-cigarettes
- Vapourizers
- Candy, pop or other foodstuff.
- Perfume or cologne.
- Electronic devices of any kind.
- Drug paraphernalia.
- Inappropriate clothing for a detox centre i.e. tops that expose your midriff.