



Help.
Hope.
Heal.

 922 3rd Avenue
Kamloops, BC V2C 6W5
 Phone: 250.374.4634
 Fax: 250.374.4621
info@dayonesociety.ca
dayonesociety.ca

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 or new unopened vapes. Vapes that are open or tampered are not allowed. There are no exceptions and clients are not given passes to purchase cigarettes/vapes. Nicotine Replacement Therapy may be available.
- 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
- 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 phones your midriff.