

What Should I Bring to Treatment?

Many clients ask what types of items and belongings are accepted here in program. We've prepared a list for you below to help you pack and to give you an idea of what to leave home. Please note that your storage space is limited—we suggest not bringing more to Stabilization than 1 **packed regular-sized suitcase**.

What to Bring...

- Comfortable, casual clothing (please keep weather and the time of year for the duration of your treatment in mind!)
 - o Please note that as an inclusive treatment program, we do not allow anyone to wear clothing that displays racist, sexist, homophobic or any other form of offensive slogan or image, or anything that promotes alcohol use, drug use, or gambling*
- Personal identification
- Alarm clock
- A lock for your belongings
 - o Please be aware that bedrooms do not have locking doors, so we recommend that residents keep their belongings in their locker.*
- Toiletries and hygiene products
 - o We receive limited toiletry donations at the Booth Centre that you can access from our Front Desk, but you may wish to bring your own. Laundry facilities are available on the floor at no cost, and laundry detergent is provided for you.*
- Phone cards to make long distance calls
 - o Stabilization has a resident phone where local calls can be made for free, but long-distance calls require the use of a password which staff must enter*
 - o Anchorage has payphones for client use*
- Photos or mementos you may wish to put up in your room
- Notebooks and pens (not required, but many residents like to write or journal, or have a place to keep handouts)
- All of your medications (prescription and over-the-counter) in the proper packing
 - o Unidentifiable/unpackaged/incorrectly labelled medication will **not be accepted** in treatment*

What NOT to bring (these items will be confiscated and not accessible to you during treatment)

- Weapons, substance use or gambling paraphernalia, or pornographic material
- Straight razors, scissors, Swiss army knife, metal nail files, tools, or anything that could be considered a weapon
 - Cologne or body spray (we are a scent-free environment)
 - Anything containing alcohol—cologne, aftershave, mouthwash, rubbing alcohol, nail polish remover, hand sanitizer, etc. Alcohol-free versions of some products **may** be allowed.
 - Large amounts of money and/or items of value. The Booth Centre is not responsible for lost or stolen personal belongings

PLEASE NOTE THAT CELLPHONES ARE NOT PERMITTED IN OUR TREATMENT PROGRAMS. If you arrive to the centre with a phone, please be aware that it must be handed in to staff and it will not be accessible to you during your time in program. Failure to abide by this policy can result in a discharge from Stabilization or Anchorage