



## WHAT TO BRING-WHAT NOT TO BRING

### Clothing

#### **Bring**

Comfortable, casual, weather appropriate clothing, fitness wear, walking/running shoes, indoor shoes/house slippers, winter boots, jacket for outdoor activities.

During winter: hat, gloves, scarf, warm clothing e.g. wind-pants.

During summer: one piece bathing suits, appropriate shorts, rain jacket/boots.

Bring enough clothing for 7 days; laundry facilities are available to you.

#### **Do not bring**

Drug or alcohol emblem clothing, clothing displaying inappropriate messages, very short shorts, and very revealing items.

### Toiletries

#### **Bring**

Shampoo, toothpaste, toothbrush, items needed for shaving, deodorant, contact lens solutions, insect repellent, feminine hygiene products etc.

#### **Do not bring**

Items that contain alcohol such as mouth wash, perfumes/colognes, aftershave, nail polish or remover, hair dye, etc.

Ledgehill has a scent free policy; please consider this while packing.

## **Medications**

### **Bring**

Doctor prescribed medications must be “blister packaged” by your pharmacy. Non-prescribed over the counter drugs such as vitamins, ASA and Tylenol must be in a new unopened original container from the manufacturer. For all medications please bring a supply that will last your entire stay. All medications will be reviewed by our staff and stored and administered by our staff.

**Note:** Any herb or natural item without packaging is not permitted at Ledgehill.

## **Money**

### **Bring**

Enough spending money or a credit/debit card for miscellaneous items, toiletries, cigarettes and sundry items. Clients may carry no more that \$20 on their person while in treatment, additional monies will be stored in our safe to be dispensed during your stay.

## **Miscellaneous**

### **Bring**

Appropriate reading materials in small amounts, since you will have time to read during your stay. No magazines with sexual or inappropriate content are permitted at Ledgehill.

### **Do not bring**

Radios, cd players, cell phones, Blackberries, iPods computers, CDs and DVDs, playing cards, games or gambling items, video games, expensive jewelry, pocket knives, blades, any work related projects, reports or papers or your favorite blanket or pillow (linens are supplied.)

### **Bring**

Computer screen-names and passwords for your allotted computer time on the weekend.

## **Food items**

### **Do not bring**

Or have mailed food or drinks from outside Ledgehill.

Junk-food such as soft drinks, potato chips, cheesies and chocolate bars are prohibited on property at Ledgehill.

## **Smoking**

All areas at Ledgehill are non-smoking **except** a designated smoking area which is provided outside for those who decide to continue smoking during treatment.

### **Bring**

Sufficient cigarettes for one week of your stay. Additional cigarettes can be purchased during our many out trips. Note: Clients may have no more than one package of cigarettes in their position at one time. Additional cigarettes will be store for your use.

### **Do not bring**

Open packages of cigarettes, chewing tobacco, open tobacco. Cigarettes are the only tobacco product allowed.

**Note:** Electronic cigarettes are treated with the same protocol as traditional cigarettes.

Any item may be removed from clients' access by staff members at their discretion. Property is checked on admission to ensure the safety of all clients.

## **Note for non-residents of Canada**

Please have passport and travel insurance sufficient for your stay. For Canadians please have personal photo ID and your provincial health card.