



What to bring to treatment:

- 2-4 towels and at least 2 face cloths
- One extra large towel for the sweat on Friday's (if you have one)
- An ankle length night gown or skirt (ladies) or swim trunks (men) for ceremonies. Poundmaker's Lodge has skirts you may borrow if you do not have one.
- Toiletries such as soap, shampoo, deodorant, etc. (Low scent is possible, non alcohol).
- Proper footwear and clothing for recreational activities (indoor/outdoor sneakers, boots, etc)
- Appropriate clothing for the season.
- Swimwear: Ladies must wear a one piece suit and men are not permitted to swim in denim cut off shorts.
- Smokers should bring enough tobacco to last their first 21 days of treatment as there will not be opportunities to purchase cigarettes until they are eligible for their Sunday pass.
- Alarm Clock
- Small amount of cash for prescription medications and use of the vending machines. Note there is an ATM on site.

Helpful Documentation:

- Alberta Health Care Card
- SFI Card/Alberta Works number and benefit card
- Treaty Card (number)

What NOT to bring to treatment:

- All razors/razor blades (approved alternatives include Nair, Electric Shaver, etc.). No exceptions.
- Cell phones (if you must bring phone, please note you will not be permitted to keep it on you, you must turn it in to staff during intake without exception; failure to do so can result in termination).
- Prescription or mood altering drugs that could be considered habit-forming or addictive and any medication, vitamins, supplements, herb etc., not on your medical sheet. This includes non prescribed over the counter medications.
- Electronic devices (iPod, MP3 players, DVD players, etc.).
- Cameras, laptops, or electronic equipment.
- Perfume, cologne (this is a low scent facility therefore, these items will be collected and returned to you when you leave).
- Inappropriate clothing (tank tops, sleeveless tops, naval revealing, references to drug/alcohol or profanity, skin tight or low riding pants, hats).
- No bedding – Poundmaker's Lodge Treatment Centres will provide adequate bedding for you to use during your stay.

Please note:

- Certain items are not allowed to be kept in your room and must be returned to your assigned bin when not using them (ie. Hairspray, flat irons, etc.).
- Do not over pack (we have washers/dryers) you are sharing an area with at least one other person and there is minimal storage space.
- If you do not have your card/documentation or have lost it, please indicate this and do what you can to at least bring the relevant number with you.
- If you arrive at Poundmaker's with items that are not allowed, you will not be allowed to have them in your possession while in treatment. They will be kept safe for you until you leave.