



What to bring to treatment at Poundmaker's Lodge:

- Appropriate clothes for the season. Long walking shorts and t-shirts are good for warm weather. No short shorts, tank tops or revealing clothing. There will be limited storage in your room but we have laundry facilities, so enough clothing to last one or two weeks is sufficient.
- Work-out gear and gym shoes (tank tops are okay in this category)
- Indoor and outdoor footwear, footwear is worn at all times.
- For swimming: a modest swimsuit for women and swim trunks for men (no cut-offs)
- For women: an ankle length gown or skirt for ceremonies. Poundmaker's Lodge has skirts you may borrow if you do not have one.
- 2-4 towels and face cloths. One extra large towel for the sweat lodge on Fridays (if you have one)
- Toiletries such as soap, shampoo, deodorant etc. (travel size, low scent and non-alcohol-based if possible)
- Smokers should bring enough tobacco to last the first 26 days of treatment as there will not be opportunities to purchase cigarettes/tobacco until you are eligible for your first Sunday pass.
- Alarm Clock
- All current medications in their original containers. (minimum of 2 days worth, but can bring more)
- Small amount of cash for prescription medications and use of the vending machines. **Note** - there is an ATM on site.
- For shaving: electric razors and Nair/wax strips (for ladies) are strongly preferred. You may bring manual or disposable razors but you will only have access to them in the evenings when supervised.

Important Documentation to bring with you:

- Alberta Health Care Card
- SFI Card/Alberta Works number and benefit card
- Treaty Card
- Identification cards

**** if you have lost your cards, please still bring the numbers****

What NOT to bring to treatment:

- Any valuables, expensive jewelry, large sums of money
- Cell phones, smart watches, other communication devices etc. (if you do bring one of these, 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)
- Restricted medications (opioids, benzodiazepines, psychostimulants etc. See list on application.)
- Any medication, vitamins, supplements, herbs etc. without a doctor's prescription. This includes non-prescribed over-the-counter medications (e.g. Advil, Tylenol). If you require any of these, you need a doctor's prescription for it.
- Protein powders or Creatine
- Perfume, cologne (this is a low scent facility)
- Bedding or pillows – Poundmaker's Lodge Treatment Centres will provide a pillow and blankets for your use.
- Solid water bottles or portable coffee mugs. Clear water bottles are acceptable.
- Non-recovery-focused reading material. No newspapers. Novels and magazines may be read on the weekends only, only bring one. No pornography, adult magazines or posters.

Please note:

- If you arrive at Poundmaker's with items that are not allowed, you will not be able to have them in your possession while in treatment. They will be stored until you leave.
- Certain items (such as hair spray, flat irons), while allowed, cannot be kept in your bedroom. They are stored in an assigned bin behind the front desk and you will have access to them during free time.
- **Do not over pack - we have washers/dryers** – and you are sharing a bedroom with at least one other person.
- **Please be aware that there are no hats of any kind worn in the lodge, and you will be asked to remove it.** Nor is hair cutting allowed in the lodge, if you need it, please do so prior to arriving.