

Preparing for your stayPre-Admission checklist

Things to bring

Provincial health care card
Drivers license (if Canadian resident) or passport (non-resident of Canada) for boarding flights.
Travel insurance for coverage of emergency medical services while in British Columbia (Highly recommended for non-residents of Canada and medically uninsured Canadians*)
Money (cash, credit, debit, etc) for miscellaneous personal expenses
Current Medications (only 3-4 days worth)**
Toiletries (toothbrush, shampoo, shaving cream, etc.)
Sleepwear (slippers, t-shirt and shorts or pajamas)
Comfortable clothing sufficient for 7 days
Weather-appropriate clothing and recreation wear (i.e. rain wear and hiking boots/outdoor shoes)
Fitness wear (t-shirts, shorts, track pants, running shoes) for use in the fitness centre
Swimwear (not cut-offs) and beach towel
Musical instruments for leisure time (limited selection available onsite)

Things not to bring

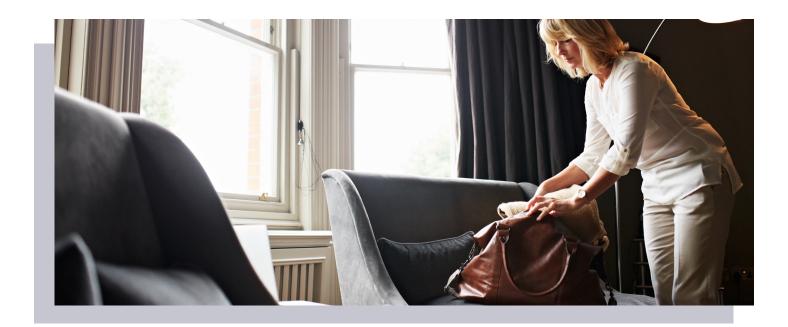
Clothing that promotes alcohol or drug use (Including names of bars or taverns), sexism, racism, or homophobia
Drug paraphernalia
Heating pad or electric blankets
Weapons (including pocket knives)
Valuable jewelry or expensive clothing
Pornography
Mouthwash or other toiletries containing alcohol
Over-the-counter medications and herbal remedies****
Nutritional supplements****
Cannabis or THC-containing products (CBD products must be sealed and show the certified distributor and prescribing physician).

If you are not sure about a drug, supplement, beverage, or food item please check with Admissions prior to your admission date. Nutritional Supplements are available to clients via individual requests.

Miscellaneous

Personal Electronic Devices: Personal communication*** (cellphones, smartphones, tablets, etc.), audio (iPods, MP3 players, etc.), and computing devices (e.g. laptops) are permitted provided that usage rules are observed at all times.†

Laundry Facilities: Complementary washing machines, dryers, irons, ironing boards and laundry soap are available on-site.



Visitors: Family members are welcome to visit Sundays and holidays from 12:00 to 5:00 PM.

Telephone: Clients can be reached on the client phone. Clients are responsible for providing this phone number to family and friends.

Luggage: Please note that Pacific Coastal Airlines charges extra for luggage weight exceeding 50 lbs. See their website for more details.

- * Travel insurance does not cover expenses associated with non-emergency situations such as medical appointments or medications of any kind.
- **Changes to personal prescriptions may occur. All prescriptions are re-done by SCHC's pharmacist while clients are at SCHC. Any outside prescription medications will be stored and returned to clients upon discharge.

- *** Personal communication devices (e.g. smartphones) with cameras are permitted onsite as long as clients respect anonymity and refrain from taking photos of other clients.
- **** Items in this category will be confiscated and returned at time of discharge. Mood-altering drugs or medication deemed counter-therapeutic will not be returned.
- † Wireless internet is available for light bandwidth activities. Internet service is intended for communication purposes, not entertainment.

Mailing Address for Letters and Packages:

Client's Name c/o Georgia Strait Women's Clinic, 2174 Fleury Road, Powell River, BC, Canada V8A 0H8