

Preparing for your stay

Pre-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