

# Preparing For Your Stay

## (Pre-Admission Checklist)



**Sunshine Coast  
Health Center**

Powell River, BC

### THINGS TO BRING

- Provincial health care card
- Drivers licence (if Canadian resident) or passport (if non-resident of Canada)
- Travel insurance for coverage of emergency medical services while in British Columbia. Coverage should be sufficient for the entire length of stay in BC and although recommended for all clients, is particularly recommended for non-residents of Canada, and medically uninsured Canadians. \*\*
- Long distance calling card (also available in our store)
- 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 a good pair of hiking boots or outdoor shoes
- Fitness wear (t-shirts, shorts, track pants, running shoes) for use in the fitness centre
- Swimwear (not cut-offs)
- Musical instruments for leisure time
- Money for incidentals (will be kept in safe)
- If you smoke, bring cigarettes as tobacco products are not sold on the premises

### THINGS NOT TO BRING

- Clothing suggestive of alcohol or drug use (including names of bars or taverns), or clothing that promotes sexism, racism or homophobia
- Drug paraphernalia \*
- Cameras or video equipment \*
- Heating pad or electric blankets \*
- Weapons, including pocket knives \*
- Food, sweets, beverages of any sort (including tea and coffee) \*
- Valuable jewelry or expensive clothing
- Pornography \*

- Over-the-counter medications, vitamins, herbal remedies or body-building supplements (protein powders, creatine, etc.) \*

- Mouthwash or other toiletries containing alcohol \*

*\* Will be confiscated and returned at time of discharge. Mood-altering drugs or medication regarded as counter-therapeutic by our medical staff will not be returned. If you are not sure about a drug, supplement, beverage, or food item please check with Admissions prior to your admission date.*

*\*\* Travel insurance does not cover expenses associated with non-emergency situations such as medical appointments or medications of any kind.*

**Personal Electronic Devices:** Personal communication (cellphones, Blackberry's, etc.), audio (iPods, MP3 players, etc.), and computing devices (notebooks, laptops)\*\*\* are permitted provided that usage rules are observed at all times. Cameras or video equipment are not permitted.  
\*\*\* *Wireless Internet is not available.*

**Incidental Items:** Phone cards and postage are available through Reception. Safekeeping for money, passports and airline tickets is available. We are not responsible for lost or stolen jewelry, cameras or other valuables.

**Laundry Facilities:** A washing machine, dryer, iron, ironing board and laundry soap are available at no charge.

**Client Chores:** Clients will be assigned chores in common areas and will be expected to keep their rooms clean at all times.

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

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

**Luggage:** Please note that Pacific Coastal Airlines charges \$0.55/lb. for luggage weight exceeding 50 lbs.

**Mail:** The mailing address for letters and packages is: Client's Name c/o Sunshine Coast Health Centre, C-21 2174 Fleury Road, Powell River, BC, V8A 4Z2, Canada.