

Preparing For Your Stay

(Pre-Admission Checklist)



**Sunshine Coast
Health Centre**

Powell River, BC

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*)
- 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
- Cameras or video equipment**
- 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***

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. †

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: 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.

Mailing Address for Letters and Packages: Client's Name
c/o Sunshine Coast Health Centre, 2174 Fleury Road, Powell River, BC, Canada, V8A 0H8

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

*** 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.