

~Please give this list to your client in order to prepare for intake~

Client Checklist of What to Bring:

- Alcohol free personal hygiene products (shampoo, soap, toothbrush, etc.)
- Feminine products (tampons, pads)
- Comfortable and appropriate clothing and footwear * including flip flops to wear in the shower*
- Facecloths
- Personal identification (necessary for payment), **including proof of extended health**
- 3 weeks of methadone prescription where applicable
- Alarm clock
- Clear water container
- Binder, pens, journal, lined paper
- Local or Long distance payphone card
- Loonies and quarters for laundry (\$2.25 per load)
- Umbrella and raincoat for walks in the rain
- Tobacco products for a minimum of 3 weeks (No loose tobacco/rolling papers)**
- SEPTIC SAFE and High Efficiency Laundry soap (e.g. TIDE) and dryer sheets**
- \$20.00 linen deposit to be handed in on intake**



What not to bring

- No electronics : Cellphones, MP3 players, iPods, laptops
 - o No E-Cigarettes/Vaporizers
 - o Movies/DVDs/CDs, Personal gaming devices
 - o Televisions/stereo equipment, etc.
- Food or drink of any kind, including gum (this includes Nicorette)
- Live plants
- Stuffed animals/bedding/towels
- Valuables or breakables
- Provocative/inappropriate clothing or reading materials
 - o No high heels
- No perfume, body spray or heavily scented lotions (we are a scent-free zone)
- Aerosol sprays
- Nail polish or nail polish remover
- No prescription medication or over-the-counter medications – this includes vitamins and creams
- We are on a septic system so must be careful about what goes down the drain. Therefore no:**
 - o Products with bleach or fabric softener
 - o Hair Dye
 - o Bath salts



REMINDERS:

- Clients may not be taking benzodiazepines, opiates, narcotics, muscle relaxants or stimulants
- Clients must reschedule court appearances while at Peardonville House
- Clients will be on phone/visit restrictions until the 15th day of their stay
- Clients will receive their first day pass the weekend after their 21st day.

Due to space restrictions and bed bug protocols, clients are limited to one suitcase (Max 27 inches and 50lb) & one small handbag only. Any additional belongings will be sent home upon arrival. *Belongings will be searched upon arrival and all unsafe products will be removed and put in storage until the client completes the program.*