

## Preparing for Your Stay at G&B House

### What To Bring:

- Luggage is limited to the equivalent of 2 suitcases
- Valid Health Card
- Toiletries (toothbrush, shaving cream, razors body wash, etc.)
- Proper footwear (indoor and outdoor shoes/boots)
- Proper clothing (seasonal)
- A sufficient supply of prescription medications (blister packs if possible)
- Recovery books
- Cell phone

### What Not To Bring:

- Musical instruments
- Tools
- Protein powders, supplements
- Old prescription medications
- Vapes or vaping products/devices
- Fans/heaters
- Clothing that contains pictures/logos that may be offensive or triggering to others
- Pornography
- Cologne containing alcohol
- Mouthwash
- TVs, laptops, notebooks, e-readers or any device with internet capabilities other than a cell phone
- Any gambling related materials
- Sporting equipment i.e. golf clubs, hockey equipment
- Vehicles
- Pocket knives, straight razors, etc.
- Bikes
- Art supplies

\*If you have any questions regarding personal belongings, please speak with your intake worker prior to admission.

### Please Note:

As a precautionary measure to prevent bed bugs, all incoming clothing will be washed and dried on high heat. G&B is not responsible for clothing affected by this process; therefore, highly valuable items should be left at home.