



Northern Ontario Addiction Treatment

Centre of Excellence

What to Bring to Treatment

All admissions are restricted to two large suitcases. Please note that there is no storage onsite.

Below are several items that we recommend you bring for treatment. You may not need all these items. We have also listed the items you are not to bring. If you have any questions about specific items, please contact the Care Coordinator.

What to bring:

- Motivation and a positive attitude
- All personal identification
- Status Card
- Healthcare information, any health insurance related information, and Health card
- Financial cards
- Medically assisted devices or supplies. Including eyeglasses and/or hearing aids
- Personal care items (alcohol free) – Toothbrush, toothpaste, shampoo, body wash, deodorant, razors, shaving cream, hairbrush, nail clippers, feminine hygiene products, and hair styling products
- Laundry Detergent/Fabric softener/Dryer sheets – Free laundry onsite
- Comfortable weather/seasonal appropriate clothing and footwear (approximately a 7-day supply)
- Towels and face cloth
- Clear plastic water bottle with a lid
- Fitness wear (suitable for yoga/ light workout)
- Yoga mat
- Stationary, writing implements, and journal (These will not be provided)
- Recovery orientated books/reading materials
- Sealed cigarette packs
- Sunscreen and insect repellent
- Clock radio/alarm clock
- List of names/phone numbers for family/supports
- Pictures of loved ones for your room
- Return travel ticket



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What not to bring:

- Alcohol/Drugs
- Products containing alcohol, such as perfume or mouthwash
- Weapons of any kind
- Heavily scented items and/or perfume
- Food/drink/snacks (including gum)
- Protein powder/protein shakes/meal replacement unless medically prescribed
- Any electronic cigarette/vaping products, chewing tobacco, snuff, water pipes, cigars, cigarillos
- Personal massagers/sexual devices/pornography
- Cameras
- Zippos/torch/ butane lighters
- Clothing that is revealing, ripped, containing inappropriate images/words, or containing any gang affiliation
- Any clothing that cannot be placed in the washer and dryer
- Devices for gambling
- Linens, pillows, and blankets
- Manual/Power tools
- Laptops/tablets/computers/gaming consoles/televisions/DVD's
- Electrical power bars or extension cords
- Over the counter medications and vitamins/supplements unless medically prescribed
- Prescriptions that are not approved or properly labeled
- Candles/Incense/Oil diffusers
- Heaters, humidifier, dehumidifier, and fans
- Nail polish and nail polish remover
- Cleaning supplies, such as bleach
- Sports equipment, workout equipment, bicycles, skateboards, roller blades, ice skates and fishing gear
- Personal vehicle including e-bikes, motorcycles, or mopeds
- Smart watch
- Valuables, such as jewelry or family mementoes