DE NOVO TREATMENT CENTRE – ADMISSION CHECK LIST

WHAT TO BRING: This checklist is meant to be a supportive guide to help you prepare for your admission to De Novo Treatment Centre.

1. Clothing
   - ☐ 4-8 Pairs of socks
   - ☐ 4-8 Pairs of underwear
   - ☐ 4-8 Tops (T-shirts and/or sweaters)
   - ☐ 4-8 Bottoms (Pants and/or shorts)
   - ☐ Sleeping attire
2. Activity Clothing
   - ☐ 2 Sets of exercise attire
   - ☐ Running shoes
3. Outside Attire (Seasonal)
   - ☐ 2 Footwear (shoes, boots, sandals)
   - ☐ Jacket (winter, spring, rain, etc.)
   - ☐ Scarves, mitts, hats (seasonal; hats are worn outside only)
4. Toiletries (Unscented and Alcohol Free)
   - ☐ Toothbrush & toothpaste
   - ☐ Shampoo & body wash
   - ☐ 2 towels/ facecloth
   - ☐ Razors, shaving cream
   - ☐ Hairbrush/hair products
   - ☐ Deodorant/personal hygiene items
   - ☐ Q-tips/nail clippers
5. Medication
   - ☐ 35-day supply, blister packed
   - ☐ Medications match the Medication Reconciliation Form
6. Tobacco Products
   - ☐ 35-day supply, unopened
7. Money
   - ☐ Enough for incidental, snacks, tuck shop
   - ☐ For medications if you do not have a drug benefits plan
   - ☐ Money for transportation, meals and/or accommodation after graduation
8. Personal Information
   - ☐ ID Card
   - ☐ Health Card
   - ☐ Bank Card (if necessary)
   - ☐ Health Benefits Card
   - ☐ Pad lock for personal security box

WHAT TO LEAVE AT HOME

1. Materials and Clothing that display, promote, or communicate profanity, vulgarity, discrimination, substance use, or sexualization.
2. Scented products, such as: cologne, body spray, lotions, perfume
3. Mouthwash that contains alcohol
4. Material that promotes
5. Electronics (Cell phones, laptops, cameras, tablets etc.)
6. Food and/or beverages
7. Tobacco products not permitted: Vaping, e-Cigarettes, Pipes, Cigars, and ‘roll your own’ cigarettes & tobacco

Pre-Admission Planning Notes