



CARRIER SEKANI
FAMILY SERVICES

Creating wellness together.



www.csfs.org

What Should I Pack To The Camp?

What to bring

- Enough appropriate and comfortable clothing and shoes for 28 days. We have a laundry facility (washer machine and hang to dry) available
- Coats, jackets, or sweatshirts, hiking gear (**be prepared for cold weather and rain**)
- Personal hygiene products that **DO NOT** contain alcohol.
- Any prescription medications you are taking in **Blister Pack**. These need to be in the original package with intact labels that include your doctor's name, the name of the medication and dosage information.
- Shampoo/conditioner
- Toothbrush/tooth paste
- Deodorant
- Bug spray
- Towels (bath, hand and face cloth)
- Your own personal books, word search/games
- Socks, shoes, flip-flops, or slippers.
- **Enough nicotine/cigarettes for 28 days (we do not make store trips)**
- Favorite snacks (**we do not make store trips**)
- Flash lights
- Extra batteries
- Alarm clock (**battery operated**)

What not to bring

- **ANYTHING** containing alcohol or other mind-altering substances.
- Colognes, perfumes, or body sprays — most people become sensitive to these products while in treatment and they may trigger nausea.
- Revealing clothing.
- Flammable fuels or liquids, including those for Zippo lighters.
- Inappropriate or pornographic material that is detrimental to recovery, such as magazines, pictures, DVDs, videotapes, etc.
- Clothing that depicts the use, sales, promotion, or advertising of alcohol, drugs, or related paraphernalia.
- Weapons of any kind, including pocket knives.
- Computers or any electronic device that can connect to the internet.
- Staff has the right to refuse any other personal items not on this list that is not needed or appropriate for this phase of treatment.

Corporate Head Office
408b – 100 Park Royal S,
West Vancouver, BC,
V7T 1A2
Phone: 604-229-3900
Fax: 604-926-6701

□ Reply To:
987 4th Ave
Prince George, BC V2L 3H7
Phone: 250.562.3591
Fax: 250.562.2272
Toll Free: 1.800.889.6855

□ Reply To:
240 W Stewart Ave, P.O. Box 1219
Vanderhoof, BC V0J 3A0
Phone: 250.567.2900
Fax: 250.567.2975
Toll Free: 1.866.567.2333

□ Reply To:
P.O. Box 1475
#8-870 Highway 16 W
Burns Lake, BC V0J 1E0
Phone: 250.692.1800
Fax: 250.692.1877