



CARRIER SEKANI  
FAMILY SERVICES

Creating wellness together.



[www.csfs.org](http://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.

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