What to Bring

BRING ENOUGH FOR THE DURATION OF YOUR STAY

Revised: Sept 10, 2026

Essentials:

- ☐ Honesty, Open-mindedness, and Willingness
- ☐ **Prescriptions to be sent to Lumby IDA/ Shuswap Valley Pharmacy/Shoppers Terrace to be blister packed**
- ☐ Government Issued Picture ID
- ☐ Health care number or card
- ☐ Health Insurance Information
- ☐ Credit/Debit/ or Incidental Money
- ☐ Comfortable casual clothing (**non-revealing**)
- ☐ Socks and underwear
- ☐ Jacket / hoodies, etc. (weather / season appropriate
- ☐ Toiletries, hair dryer, bathrobe, your normal bathroom items.
- ☐ Footwear (hiking boots/shoes, sturdy walking shoes)
- ☐ Workout clothes & shoes
- ☐ Bathing suit (**no bikinis or revealing swimsuits**)
- ☐ Sunglasses

In the winter, late fall, early spring:

- ☐ Winter Jacket
- ☐ Winter hiking boots
  - ☐ **Ranch – All year round**
- ☐ Warm moisture wicking socks
- ☐ Warm moisture wicking long underwear
- ☐ Hat & gloves/mittens
- ☐ Snow pants

In the summer, late spring, early fall:

- ☐ Shorts / Beachwear (Sandals)
- ☐ Light jacket

Optional:

- ☐ Cigarettes
- ☐ Sealed/unopened vape juice
- ☐ Phone numbers of healthy supportive loved ones
- ☐ iPod/MP3 (NO internet or camera capabilities)
- ☐ Musical Instruments
- ☐ $300 or less cash for incidentals
- ☐ Wristwatch (without wifi capabilities)

What NOT to Bring:

- ☐ Revealing clothing including sleeveless shirts, or clothing that promotes violence, gangs, drugs or alcohol
- ☐ Bedding such as blankets, pillows, or stuffed animals
- ☐ Recreational reading material
- ☐ Cell phones or cameras
- ☐ Lap top computers, iPod or portable devices with internet or movie capability.
- ☐ Mouthwash or toiletries that contain alcohol
- ☐ Cologne or perfume
- ☐ Weapons of any kind
- ☐ Lottery tickets
- ☐ Sex toys
- ☐ Foods, snacks, candies, soda pop or energy drinks
- ☐ Protein powder or workout supplements
- ☐ **A negative attitude**
- ☐ **BAGS ARE LIMITED TO ONE STANDARD SIZED SUITCASE/DUFFLE BAG AND ONE CARRY-ON* (additional bags will be shipped at owners' expense)**

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