

What to Bring

BRING ENOUGH FOR THE DURATION OF YOUR STAY

Revised: April 1, 2026

Essentials:

- Honesty, Open-mindedness, and Willingness
- 1 month supply of Prescriptions (Prescribed to you and in Blister Packs) with script sent to Lumby IDA/Munro's Sorrento/ Shuswap Valley Pharmacy/Shoppers Terrace**
- 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)**