



Peak House — Pacific Youth &
Family Services Society
peakhouse.ca

Intake and Assessment
Ph: (604) 253-6319
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Email: intake@peakhouse.ca

WHAT TO BRING

Please be mindful in the items you choose to bring. We are an inclusive and welcoming environment and strive to create a space that feels safe and welcoming of all people. If you have an item you feel might negatively impact another person's ability to feel safe and welcome; we ask that you do not bring it into the house. Please note: Peak House has clothing guidelines similar to a school or casual workplace setting.

- Jeans/pants/shorts
- Shirts
- Underwear and socks
- Sweatshirts/sweaters
- Shoes suitable for the season — *we go on nature walks year-round*
- Coat/jacket suitable for rain or cold/wet weather
- Umbrella
- Pyjamas and bathrobe
- Slippers
- 2 bath towels
- Swim towel
- Flip flops
- Swimwear suitable for fitness
- Running shoes you could wear during fitness
- Gym clothes
- Day pack or gym bag
- Personal hygiene products (soap, toothpaste, shampoo/conditioner, deodorant, nail clippers)
- Menstruation products
- Cigarettes, if planning to smoke during program (MUST BE PROVIDED BY CAREGIVER)
No vapes, cigarillos, flavoured cigarettes, cigars allowed. We are happy to support you with a smoking cessation program if you are interested in reducing your intake of tobacco.
- MP3 player without WIFI or texting capability preloaded with music you like
Peak House is an opportunity to take a technology break, items that can text, call, or browse the internet will not be permitted.
- Long distance phone cards (if calling long distance)

DO NOT BRING

- Cell phones, computers, tablets, cameras, video recording devices, or any item that can be used for texting, messaging, calls, or web browsing. Think of it as a time to unplug and connect to self.
- Nail polish or nail polish remover
- Mouthwash
- Anything that is of great value to you, including cash (beyond your allowance of \$10/week)