



What to Bring with you to Amethyst House

Please limit what you bring to the equivalent of two large garbage bags.

- Personal Hygiene products and toiletries
- Cigarettes/Tobacco
- Funds for personal needs including cigarettes/tobacco, medications
- Comfortable and seasonally appropriate clothing and shoes
- Bathing suit and clothing you are comfortable moving in, runners
- Personal water bottle

What Not to Bring with you to Amethyst House

- Perfumes or heavily scented products including nail polish remover
- Weapons
- Irreplaceable and/or valuable items
- Alcohol or anything containing alcohol e.g. mouthwash
- Illegal substances or substance use paraphernalia
- Aerosol products
- Food or drink

If you bring a laptop, cell phone, camera or any other electronic devices, they will be stored securely and access will be limited as per computer and telephone use policy and procedure.