



280 2<sup>nd</sup> Street  
Courtenay, BC  
V9N 1B6  
Ph: 250-871-2570  
Fax: 250-871-2573  
email: [Recovery@cvts.ca](mailto:Recovery@cvts.ca)

### **WHAT TO BRING TO AMETHYST HOUSE:**

- ❖ Please limit what you bring to the equivalent of two large garbage bags.
- ❖ Comfortable and seasonally appropriate clothing and shoes.
- ❖ Bathing suit and clothing you are comfortable moving in, runners.
- ❖ Personal water bottle.
- ❖ Personal Hygiene products and toiletries.
- ❖ \*Cellphones (restricted use).
- ❖ \*Laptops/tablets (restricted use).
- ❖ Funds for personal needs including cigarettes/tobacco, medications.
- ❖ Identification (if possible).

### **WHAT NOT TO BRING TO AMETHYST HOUSE:**

- ❖ Perfumes or heavily scented products including nail polish remover.
- ❖ Weapons.
- ❖ Irreplaceable and/or valuable items.
- ❖ Alcohol or anything containing alcohol, examples: 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.**