

WHAT TO BRING TO FIR

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Administrative Items (ID, Birth Certificate or PHN Health Care Card)

Comfortable Shoes and Clothing

Personal Toiletries (Non-Scented)

Prescribed and Labeled Medications

Small Amounts of Spending Money

Personal Items such as photos and other comfort items

Small Crafts, Activities or Hobbies

Cultural or Spiritual Belongings (such as a drum)

Sealed, Non-Perishable Snacks

Journal

WHAT WE CAN PROVIDE

Food, Drinks and Snacks

Sanitary Pads

Basic Toiletries

Diapers and Baby Wipes

Breast Pump (as needed)

Towels, Blankets and Linens

Baby Blankets

Baby Bassinette

Bottles and Formula (as needed)

WHAT TO LEAVE BEHIND OR STORE SOME PLACE SAFE

Extra Clothing (due to limited storage)

Extra Personal Items

Weapons

Sharp Objects

Valuables

Candles or Incense

Baby Equipment, Swings or Cribs

Flammable, Explosive, Aerosol or Acetone Products

Scented Products or Aroma Therapy

Products Containing Alcohol

Non-prescribed or Unlabeled Medications

Please let us know if you have lighters or other equipment for substance use. We can help you store these items safely and plan for safe consumption.