



Full lives for people with disabilities

What to Bring to Vinland

Thank you for choosing Vinland Center to change your life and learn the skills to stay sober. You will need to bring:

- Your medications and any supplies for them
- Your insurance or medical assistance card
- Your clothes, including a good pair of shoes and jacket
- Your hygiene products, electric razors are fine; cologne and straight razors will be kept in the staff office for you to use and return.
- Your cigarettes, if you smoke (we do not have a cigarette machine)

All meals and snacks, as well as recreational fees are provided by Vinland. We have washing machines and dryers available for your use free of charge. We go to the store weekly so you can purchase more cigarettes or personal items. We provide all linen and towels.

You may bring if you choose:

- A 12-pack of soda pop and a few snacks (we do not have a pop machine)
- A small stereo, preferably with headphones, and the music of your choice
- Your fishing pole or other hobby items that do not involve sharp objects such as knives
- Winter clothes such as waterproof shoes, gloves, hat and coat, so that you can participate in outdoor activities in the winter
- Pictures
- Your own pillow
- A calling card for long distance calls
- Cash for additional snacks or cigarettes

You may NOT bring:

- Cell phone, laptop or pager
- Video tapes or video games
- Alcohol, including Listerine
- Drugs
- Guns or any type of weapon

Please contact Greg Chamberlin at (763) 479-4553 if you have any additional questions. We will see you soon!

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