



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:

- Medications and any supplies for them
- Insurance or medical assistance card
- Clothes, including a good pair of shoes and jacket
- Workout apparel
- Hygiene products, electric razors are fine; cologne and straight razors will be kept in the staff office for you to use and return.

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:

- 12-pack of soda pop and a few snacks as we do not have a pop machine. (Clients take weekly store runs.)
- Cigarettes, if you smoke (NO e-cigarettes) (Clients take weekly store runs.)
- Small stereo, preferably with headphones, and the music of your choice
- 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
- Calling card for long distance calls
- Cash for additional snacks or cigarettes

**You may NOT bring:**

- Cell phone, laptop, e-reader, camera or pager (these items will be kept in a safe)
- e-cigarettes
- Alcohol, including Listerine
- Drugs
- Guns or any type of weapon
- Nicotine gum or patches
- Motor vehicles including car, truck or motorcycle
- Energy drinks

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

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3675 Ihduhapi Road, PO Box 308, Loretto, MN, 55357

Phone 763.479.3555 Fax 763.479.2605 [www.vinlandcenter.org](http://www.vinlandcenter.org)