

Recommended Items to Bring to Toronto Voluntary Isolation Centre

Basic necessities

- Medications or supplements
- Thermometer
- Personal care items (bar-soap, shampoo and conditioner is provided):
 - Toothbrush
 - Facewash and/or body-wash
 - Shaving items
 - Moisturizer
 - Hair brush/comb
 - Other preferred personal care items
- Specific Food items that support your health/healing
- Phone, laptop, tablet and/or other mobile devices and chargers for all electronic devices
- Pen and paper
- Enough clothes to cover your stay at the Toronto Voluntary Isolation Centre (clothing may be picked up once to be laundered during your stay)
 - Laundry soap for hand washing smaller items

Items for your entertainment

- Books and magazines
- Music
- Hobby items
- Yarn for knitting, crochet
- Colouring books, puzzles, games

Check out [Toronto Public Library's website](https://www.torontopubliclibrary.ca) to get access to free online books, audiobooks, music, podcasts, news and magazines: www.torontopubliclibrary.ca

Personal contacts

- List of contact numbers, email addresses for friends and family that you can call or write to.
- Contact information for your primary health care provider

Optional items

- Dishes and dishwashing soap:
 - Reusable water bottle
 - Reusable mug for hot beverages
 - Plastic reusable container for leftovers
 - Dishwashing soap
- Cleaning supplies and cloth to clean your room (housekeeping of the room will not be provided during your stay)
- The hotel will provide you with disinfecting wipes if needed

Self-care items to support you

- Slippers
- Favourite snacks
- Herbal tea or hot chocolate
- Extra tissues
- Heating pad/hot water bottle
- Bath salts

Recommended Items for Families to Bring to Toronto Voluntary Isolation Centre

Please note that:

- The Toronto Voluntary Isolation Centre will be able to provide some supplies for families with children such as: cribs/linens, highchairs or booster seats and child friendly meals
- Please note that we are not able to provide baby food or baby formula for guests
- TVIC rooms include a mini-fridge, electric kettle and microwave
- We encourage families to bring whatever supplies they would normally require to provide care for their loved ones. Some suggestions are listed below.

Basic necessities

- Diapers, diaper cream, wipes and changing pad
- Toilet training/potty seats
- Extra sets of clothing (please note that laundry can only be done twice a week)
- Blankets (TVIC can provide crib and sheets for infants)
- Stroller and/or baby carrier
- Bed rail (if your child has moved out of a crib and uses a bed rail at home)
- Official documentation (e.g. child's health card)

Health and Safety

- First-aid kit (with thermometer)
- Children's medications (as recommended by Family Dr. or Pediatrician)
- Toiletries for child (toothbrush/toothpaste, bath supplies)
- Child proofing supplies
- Nightlight

For Mealtime

- Spill-proof cups
- Toddler-size utensils and mat
- Reusable bowl/plates
- Snacks (yogurts, cereal, puffs, crackers, fruit or other favourites)
- Baby foods, formula
- Bottles, sterilizer and bottle warmers

For Playtime

- Books and small toys (please refrain from bringing toys that make excessive noise)
- Crayons, pencils, washable markers and paper
- Favourite stuffed animal or blanket
- Tablet and children's headphones
- Puzzles, lego, blocks
- Bath toys

For Older Children

- School supplies and homework
- Devices such as tablets, or laptops to attend school, play games, listen to music, or do homework
- Gaming systems
- Craft Supplies
- Books

For Older Adults

- Mobility aids or supportive devices (ex. canes, walkers)
- Medical monitoring devices (ex. Glucometers, thermometers)