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 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)