



List of personal effects to bring with you when you are admitted to *La Maison La Traversée*

- ❖ Quebec Health Insurance card
- ❖ If you have private insurance, provide the name of the insurance company and the policy #
- ❖ Medical prescriptions for the first 24 hours (thereafter, our pharmacy will provide your medication)
- ❖ Comfortable clothing and pyjamas
- ❖ Shoes and non-slip slippers
- ❖ Personal toiletries
- ❖ Facial tissue
- ❖ Lip balm
- ❖ Personal pillow (if desired)
- ❖ Disposable diapers (if needed)
- ❖ Walker (if you use one)

Each room is equipped with the following items

Private bathroom with toilet and sink

Television

Telephone

Radio

Internet WIFI

Mini fridge

Reclining chair

Wheelchair

Storage cabinets

We look forward to welcoming you soon at La Traversée!

For any question please contact us at

[info@fondationlatraversee.com](mailto:info@fondationlatraversee.com)

819-421-2585