

THE POCKET GUIDE



**TIPS & RESOURCES FOR SURVIVING
ON THE STREETS**

VANCOUVER

A Collaborative Effort Sponsored By The Council For The Homeless

TIPS

GENERAL

If you're seeking shelter call the housing hotline; be honest about your situation so they can help you.

Don't steal from other homeless people.

Don't trust just anyone, but you need to trust someone.

Looking homeless can keep you homeless.

Keep a clear head - stay clean and sober.

Survival and recovery are not sexually transmitted.

If you want to keep it, tie it to your body.

Use your backpack as a pillow & cover it with a blanket, sweater or whatever you have to avoid theft.

Minimize clothing and camping gear to only what you can carry.

Don't leave anything at camp you can't live without.

Clean your camp up to avoid harassment.

Hands, feet, face & clothes - keep as clean & dry as you can.

TIPS

GENERAL

Air feet & shoes out once a day; change socks often.

Keep pets leashed or with you. Animals in unstable environments can behave in unpredictable ways.

Keep a refillable container for water; always carry water.

Dress in layers; t-shirts & long sleeved shirts can also be used as ropes, sweatbands & bandages.

Keep toilet paper and bottles of liquid in a resealable plastic bag; the bottles tend to explode.

Don't lay tarp directly on your tent; create a lean-to over the tent to keep it dry.

If car camping, use a car cover & rotate your parking sites to stay unnoticed.

Cell phones can be charged at libraries, coffee shops & grocery stores.

Don't mess around on federal property (by the river, train tracks, etc.), or you could face federal charges.

Ask questions; talk to each other.

TIPS

SAFETY

Keep a phone. Phones without service can call 911.

Make sure someone always knows where you are & set-up an emergency contact.

Be aware of your surroundings at all times.

Don't get into a car with someone you don't know.

For safety, only use headphones in one ear.

Keep a whistle on you to signal an emergency.

Buddy up! Seek a trustworthy person that you can alternate sleep/camp shifts with.

Stay away from erratic folks & those that beeline to you - they usually want something.

Don't flash anything you don't want stolen.

Always seek the scenario in which no one gets hurt; never fight when you can walk away.

Carrying a weapon doesn't guarantee safety. If you carry protection, know how to use it.

Always keep a first aid kit, including: bandages, peroxide & antibiotic ointment.

Carry Narcan for yourself / friends for opioid overdoses.

Trust your gut!

TIPS

WEATHER

Staying dry is crucial to staying alive in cold weather.

When it's really cold go into shelter; frost bite is for real!

Don't try to weather a serious storm in a tent; train / bus stations & hospitals are open 24/7.

Don't sleep directly on the ground; use pallets, cardboard & tarps to stay warm and dry.

Stuff jackets or sleeping bags with newspaper for insulation to stay warm.

Create heat safely whether you're using sterno, propane or jarred candles; all should be used with caution.

Using hand-warmers inside of your sleeping bag can burn you & your bag.

Winter necessities: hand warmers, clean/dry socks & something to cover your hands & head.

Cover your head even when sleeping; you lose heat.

Don't be alone in the extreme cold; use the buddy system.

In the heat: stay wet, in the shade & near bodies of water.

Use sunscreen. Sunburns can lead to open sores and infections.

Drink water to prevent dehydration & hypothermia.

LOCAL LAWS & ORDINANCES

WHAT'S LEGAL

- It's legal to camp on most publicly owned property in Vancouver between the hours of 9:30 pm - 6:30 am. During this time you can use tents, tarps, sleeping bags & sleep in vehicles. You can also use camp stoves and small cooking devices.

WHAT'S ILLEGAL

- To store personal items on publicly owned property between 6:30 am - 9:30 pm
- Camping at any library, park or school within city limits is prohibited.
- To be in a public park between 10:00 pm – 5:00 am
- To block a public sidewalk by sitting / laying down on it between 7:00 am – 9:00 pm
- Aggressive panhandling, littering, urinating, defecating & parking unlicensed, inoperable vehicles on the street is also illegal.

HOTLINES & IMPORTANT NUMBERS

DIAL 9-1-1 for Ambulance, Police & Fire

DIAL 2-1-1 for a Variety of Info & Service Referrals

Dept. of Social & Health Svcs: 1-877-501-2233

**Domestic Violence / Sexual Assault Hotline:
360-695-0501**

Housing Hotline: 360-695-9677

Mental Health Crisis Line: 1-800-626-8137

Sobering Unit: 360-397-8500

Street Outreach (*Info & Assistance*): **360-723-5054**

Suicide Prevention Lifeline: 1-800-273-8255

Veterans Assistance Center: 360-693-7030

YOUTH

Janus Youth Hotline: 1-888-979-4357

Oak Bridge Youth Shelter (*age 9-17*): **360-891-2634**

The Perch Drop-In Center (*age 15-24*): **360-314-5716**

DAY CENTERS

Friends of the Carpenter

1600 W. 20th / 360-750-4752

Mon - Fri 9 am – 4 pm

Share Day Center

1600 W. 20th / 360-910-2307

Mon - Sun 7 am - 5 pm

Possible location change early 2018

The REACH Center *(peer support)*

1601 E. 4th Plain Blvd. #17, A-114 360-397-8050

Mon - Fri 9 am - 7 pm & Sat 9 am - 5 pm

LAUNDRY & SHOWERS

Laundry Love

2101 St. Johns Blvd. / 360-726-9351

Laundry every Thur 6 pm - 8 pm

Mobile Showers *(Food with Friends)*

360- 723-5791- call for days, times & locations

Salvation Army of Camas / Washougal

1612 I St. / 360-835-3171

Showers Tue, Wed, Fri 9:30-11 am & 1:30-3 pm

Share House

1115 W. 13th St. / 360-695-7658

Laundry every Tue & Thur 8:30 am

MEALS ■ FOOD ■ CLOTHING

FISH of Vancouver (*food & clothing*)

906 Harney St. / 360-695-4903

Mon - Fri 10 am – 2:45 pm

Live Love Center at Living Hope Chapel

(*meals, food, clothing*)

2533 NE Andresen Rd. / 360-944-3905

Wed & Sun 12 pm – 2:30 pm

Memorial Lutheran Church (*meals*)

2700 E. 28th St. / 360-695-7501

Mon - Fri 12 pm - 1 pm & Sun 3 pm - 4 pm

Share House (*meals*)

1115 W. 13th St. / 360-695-7658

Mon - Fri 6:30 am, 11:30 am, 5 pm

Sat, Sun & holidays 9 am & 3:30 pm

St. Lukes Episcopal Church (*food & clothing*)

426 E. Fourth Plain / 360-696-0181

Tue, Wed, Thur, Fri 9:15 am - 12 pm

St. Vincent de Paul-Vancouver (*food & clothing*)

2456 NE Stapleton Rd. / 360-694-5388

Mon, Tue, Thur, Fri 9 am - 1 pm / *clothing ends 12:30 pm*

MEDICAL / DENTAL

Free Clinic of Southwest WA

4100 Plomondon St.

360-313-1390

Mon, Wed, Fri 7:30 am & Tue, Thur 4:30 pm

Clark Co. Public Health - *Needle Exchange*

3701 E. Fourth Plain Blvd.

360-750-8610 (*during exchange hours*)

Mon, Wed 3 - 6 pm & Fri 2 - 5 pm

OTHER FREE SERVICES

CELL PHONES

SafeLink Wireless / Lifeline Program

916-544-1715 - Jeremy Jones

HAIRCUTS

Hands of Favor

360-326-3914 - Derek & Regina Thompson

PET CARE - *drop-in pet clinic*

Dr. David Slocum

Share House

1115 W. 13th St.

Every Wednesday at 10 am