

### THINGS TO BRING:

- Health Care Card & Extended Health ID and/or information
- Passport, or photo ID and birth certificate (if non-resident of Canada)
- Travel insurance sufficient for 60 day stay in Canada (applicable to non-residents of Canada)
- Toiletries
- Stamps, envelopes, pens and paper (Email or Internet access is not provided)
- Weather-appropriate clothing and recreation wear (i.e.; rain wear, outdoor/indoor footwear)
- Shower shoes (flip flops or beach shoes)
- Comfortable clothing sufficient for 7 days
- Sleepwear (slippers, t-shirt, pajamas, housecoat, sweat pants)
- Fitness wear (t-shirts, shorts, or track pants and runners) for use in the fitness room or outdoor walking paths
- Money can be put onto a gift card for spending at the gift shop via debit/credit card or cash
- Medications prescribed by physician

**THINGS NOT TO BRING:** *The following list contains items that patients are NOT PERMITTED to have in their possession while at Cedars. Any items denoted by an asterisk \* will be destroyed upon admission. We understand some of the items listed (cellphone, wallet, laptop etc.) are required when transitioning into treatment. These items will be kept locked up for the duration of inpatient treatment.*

- Alcohol\*
- Bathing suits
- Blankets
- Books/Magazines of any kind
- Cameras
- Candles
- Cards and games
- Cellular telephones or pagers
- Cheque books and cheques
- Chewing tobacco
- Cigarette rolling papers
- Cigars that are alcohol flavoured
- Clothing that depicts alcohol, drugs, sex, violence and gambling paraphernalia or casinos
- Clothing which is ripped, torn or very dirty
- Computers/electronic devices
- Condoms
- Drug paraphernalia\*
- Explosives
- Felt pens and white out
- Food or drinks brought in from outside Cedars\*
- Gambling paraphernalia\*
- Games
- Gum
- Hair dye
- Electric hair clippers
- Hair spray (aerosol is okay)
- Keys
- Knives
- Light bulbs
- Lottery or scratch tickets (will be mailed home to family)
- Matches
- Over-the-counter medications (unless prescribed)
- Mood altering chemicals\*
- Musical instruments
- Nail polish and remover
- Perfume, cologne, after-shave, strong perfumed lotions and bath products
- Pictures/photo's that depict alcohol/drug usage, gambling, violence or sex
- Pornographic material\*
- Pillows
- Purses
- Scissors
- Sexual devices
- Sexually explicit clothing
- Sheets
- Sports equipment (exceptions which will be discussed with the clinical team)
- Straight razors and/or razor blades.
- Stuffed toys
- Televisions, radios, stereos, clock radios, i-Pods, mp3 players, etc
- Towels.
- Umbrellas
- Wallets
- Weapons
- Zippo, lighter fluid or butane (except curling iron refills)
- E-Juice that is alcohol or cannabis flavoured

*Please be advised that any open packages of tobacco, cigarettes & 'e-juice' brought into treatment may be discarded. All clothing will be searched upon admission.*