



Should I bring it to Cedars?

Items **to bring**:

- Healthcare information and any health insurance related information
- Information on any necessary prescriptions (medications will be ordered by Cedar's staff)
- Necessary toiletries (alcohol free)
- Stationary, writing implements etc.
- Comfortable weather appropriate clothing (approx. a 7 day supply)
- Sleepwear
- Fitness wear (suitable for yoga/ light workout)
- Financial cards (for incidentals & sundries)
- Sealed cigarette packs or vape products, if necessary

*Laundry facilities available onsite 7 days a week free of charge. Detergent and fabric softener is provided.

Items that will be **securely stored** upon admission:

Patients will be able to access these items throughout their treatment stay as necessary, with staff approval

- All identification
- Financial cards
- Wallets
- Keys
- Purses
- Phones
- All electronic devices
- Smartwatches
- Shaving equipment
- Books/Magazines
- Valuables/expensive jewellery
- Any item deemed unnecessary/ inappropriate for a treatment environment.

Items **not** to bring to Cedars:

These items will be stored for the duration of treatment or destroyed for Community Safety**

- Alcohol/Drugs
- Weapons of any kind
- Heavily scented items and/or perfume
- Chewing tobacco
- Open cigarette packs
- Open vape juices
- Personal massagers/sexual devices and prophylactics
- Cameras
- Zippos/ torch/ butane lighters
- Clothing that is revealing, ripped or containing inappropriate images/words
- Devices for gaming or gambling
- Linens and towels

Pillows and stuffed animals will be cleared on a case by case basis and will require sanitation before entrance to the facility