

THINGS TO BRING:

- Health Care & Extended Health Care Cards
- 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)
- Long distance calling card
- Toiletries (Alcohol Free)
- Stamps, envelopes, pens and paper (Email or Internet access is not provided)
- Weather-appropriate clothing and recreation wear (i.e.; rain wear, good sneakers)
- 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 for extra requirements
- Medications prescribed by physician

THINGS NOT TO BRING: *The following list contains items that patients are NOT ALLOWED to have in their possession while at Cedars.*

- Alcohol*
 - Bathing suits
 - Books/Magazines of any kind
 - Cameras
 - Candles
 - 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
 - Condoms
 - Drug paraphernalia*
 - Electronic Devices (laptops, computers, televisions, stereos, clock radios, ipods, mp3 players, etc.)
 - Explosives
 - Felt pens and white out
 - Food or drinks brought in from outside Cedars*
 - Gambling paraphernalia*
 - Games (playing cards, board games etc.)
 - Gum
 - Hair dye
 - Electric hair shavers/clippers**
 - Hair spray (aerosol is okay)
 - Keys**
 - Knives
 - Light bulbs
 - Linens (Pillows, Sheets, Towels)
 - Lottery or scratch tickets (will be mailed home to family)
 - Matches
 - Over-the-counter medications (unless prescribed)
 - Medication information printouts (unless given to you by our physician)
 - 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 useage, gambling, violence or sex
 - Pornographic material*
 - Pillows
 - Purses**
 - Scissors
 - Sexual devices
 - Revealing clothing
 - Sports equipment
 - Straight razors
 - Stuffed toys
 - Televisions, radios, stereos, clock radios, i-Pods, mp3 players, etc
 - Umbrellas
 - Wallets**
 - Weapons
 - Zippos, lighter fluid or butane (except curling iron refills)
- Any items denoted by a single asterisk * will be destroyed upon admission.
Any items denoted by a double asterisk ** are acceptable to bring, but will be locked up in a secure area.*

Please be advised that any open packages of tobacco or cigarettes brought into treatment will be discarded. All clothing will be searched upon admission.

