



THE CEDARS

— ADDICTION TREATMENT —

THINGS TO BRING

- Comfortable clothing**
- Comfortable walking shoes**
- Expenses money for the tuck shop, phone and laundry**
- Personal toiletries like soap, toothpaste and shampoo**
- Snacks and cigarettes**
- Swimming costume and towel**
- Any prescribed medication**
- A torch (optional)**

PLEASE NOTE

- All medication is to be handed to staff on arrival
- Avoid bringing valuable or fragile belongings
- Winter months can be quite chilly – pack accordingly

FOR ASSISTANCE OR ADDITIONAL INFORMATION

Please reach out to us:

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