



Packing list

Cedar Road provides Social Setting Detoxification services for those on a recovery journey. To ensure all patients are provided with a comfortable and safe environment it is important to share how to best prepare. When packing for Cedar Road, bring:

- Basic clothing items that are comfortable and modest. You’ll want to leave form-fitting and revealing clothing at home and any clothing that references alcohol, drug use, or other types of imagery that may be inappropriate or triggering. ***Clothing for 5-7 days.***
All clothing will be laundered upon arrival.
 - ✓ Shirts. Bring a mix of short- and long-sleeve shirts. No tank tops or low-cut tops.
 - ✓ Pants. You may wish to pack jeans, slacks, or another type of full-length pants that you’re most comfortable in. No shorts.
 - ✓ Shoes. Bring comfortable shoes you can wear every day like sneakers and slippers.
 - ✓ Undergarments, Pajamas, Robe.
- Prescription medication in original containers (10-day supply).
- Journal or notebook.
- Personal Identification (Driver’s license or another form of ID (Tribal, passport)).
- Pictures of family and friends.
- Toiletries:

✓ Toothbrush and toothpaste	✓ Shampoo and Conditioner
✓ Hairbrush	✓ Deodorant
✓ Lotion	✓ Shaving Cream
✓ Makeup	✓ Feminine Hygiene Products

Non-Permitted Items

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|----------------------------|---------------|
| ✓ Drugs/Drug Paraphernalia | ✓ Lighters |
| ✓ Alcohol | ✓ Weapons |
| ✓ Scents | ✓ Food/Drinks |

All electronic items will be inventoried and locked away upon admission and returned to patient at discharge.