WHAT T⚬ BRING

What to Bring

- Bring some pictures of your loved ones

- Bring comfortable casual clothes such as jeans, cotton pants, knee-length shorts, shirts, sweaters, blouses, sweatshirts, jackets, sleepwear, bathrobe and slippers, bathing suit, cover up and some comfortable footwear.

- You may wish to bring your own pillow for comfort. We do, however, supply both pillows and blankets.

- Bring exercise clothes such as jogging suits, gym shorts, T-shirts, walking or running shoes, as well as rainwear.

- Washers and dryers are available for your use. We provide laundry detergent and dryer sheets.

- Bring toiletries and hygiene products such as toothbrush, toothpaste, deodorant, shampoo and conditioner. If bringing mouthwash, It must be ALCOHOL FREE. Bring shaving cream and razors.

- Bring family phone numbers with you. You are not allowed to bring a cell phone. There is a telephone available at the center.

- Please bring any prescription medication with you. Our doctors and nurses will assist you in the approval of your medications. Also bring the phone number of the doctor who wrote the prescription and any refills.

- You will need money, bank or credit card to purchase such things as cigarettes, snacks or other incidentals.

What Not to Bring

- No cell phones, computers, IPads, cameras or recording devices. We provide big screen TV and DVD Players.

- ONLY music players that cannot connect the internet.

- No over the counter medication or vitamins

- No electronic games such as Game Boy.

- No perfume, cologne, aftershave or scented body lotions. Aurora Recovery Centre is a "scent free" environment due to the increasing number of people with environmental allergies.

- No pets.

Clothing guidelines

The following items of clothing are NOT permitted to be worn at any center. We are all here for recovery.

- Any shirts that have pictures of Alcohol or drugs on the front or back

- Tight or revealing clothing such as halter tops

- Tops exposing midriff

- Tank tops

- Baseball or other hats are to be worn outside only