

**Personal Item Suggestions:**

- Personal hygiene items (toothbrush, toothpaste, deodorant, hairdryer, shampoo, lotion, feminine hygiene products, etc.)
- Sunscreen, sunglasses
- Insect repellent
- 30-day supply of medications and prescriptions, if applicable
- Reading or other quiet activity options for down time
- Optional: a watch to follow schedule and programming

Clothing Suggestions:

- Pants, leggings, long and short sleeve shirts, socks, underwear, sports bras, workout outfits, rain jacket, heavy winter jacket, hat, gloves
- 2 pair of shoes (one athletic/running, one outdoor/hiking)
- Note: Laundry is available weekly on campus

Other:

- 1 Photo ID (permit, license, student ID, or passport)
- Digital camera (cannot be cell phone)