

What to Bring

Apparel

- tennis/athletic shoes
- t-shirts (one shirt per day will be supplied by GEAR UP)
- jacket or sweater
- jeans
- shorts
- pajamas
- underwear
- socks
- hat
- sunglasses
- gym clothes (if applicable)
- swim wear (if applicable)
- rain coat/umbrella

Bathroom items

- towels
- shower shoes
- deodorant
- shampoo
- soap
- toothpaste/toothbrush
- shaving items
- comb/brush

Dorm room items

- pillow
- pillowcase
- sheets and blanket to fit a twin bed OR a sleeping bag
- alarm clock (students will be required to wake themselves)

Optional (at your own risk)

- radio/speaker
- camera
- gadgets (e.g. cell phone, etc.)
- sunblock
- hair dryer

Do NOT bring

- weapons of any sort
- alcohol, tobacco, and/or drugs
- unauthorized medicines (medicine must be kept with the nurse)
- explicit or vulgar books, music, magazines or movies
- clothing featuring inappropriate language, images, or messages