



Suggested Items to Bring

In order to ensure that your two-week stay is as pleasant as possible, participants **may** want to consider bringing the following items:

Personal Items

- 2 Weeks Worth of Clothing (Shorts are acceptable. A sweater or sweatshirt may be needed in the A/C classrooms.)
- Comfortable Walking Shoes
- Toiletries
- Medications
- Soap/Shampoo
- Medical Kit
- Shower Slippers
- Laundry Soap

Classroom Items

- Preferred Method of taking Notes
- Writing Utensil

Miscellaneous Items

- Emergency Information (Doctor/Insurance/Emergency Contacts)
- Digital Camera
- Umbrella