Please come prepared with enough clothing and essentials for the duration of the program. While you are on campus, and during your free time, do not ask or expect to be allowed to return home for more essentials. Come PREPARED! Bring all necessary items with you on check-in day! Your parents/guardians will not be allowed to make quick runs, drop offs, or visit after check-in day. **We RECOMMEND wash and wear clothing for HOT weather!**

### Dorm Room
- **Sleeping bag or blankets**
  - Twin size bed cover.
- **Pillow**
  - You will need as much sleep as you can get, bring your favorite pillow in needed.
- **Alarm Clock**
  - You will be penalized for being late, bring a reliable alarm clock. Tardiness/Absences may lead to dismissal from the program.
- **Hangers**
  - For those students who plan to use closet space, not drawers for clothing storage.
- **Personal Mirror**
  - Mirrors are located in the Restroom/Shower, should you need a mirror in your room bring one with you. (Small please if doing so)
- **Snacks**
  - All students are encouraged to bring snacks that will last throughout the duration of the program.
- **Night Lamp**
- **Small Radio**
  - No loud/disturbing music aloud in the dorm area.

### Academic Material
- **Backpack**
- **Writing Tools**
  - Materials are heavy and we do not provide backpacks.
  - We will provide pens/pencils/erasers and other items, but we all have favorite writing utensils if needed please bring.

### Other Items
- **Comfortable Walking Shoes**
  - Ladies, if planning on heels be prepared to walk and understand you will not have time to return to your dorm room and change.
- **Gym Clothes**
  - Morning walks, afternoon exercise, etc.
- **Laundry Detergent**
  - If planning to wash your clothes on campus, the program does not provide laundry supplies. Dorms have washer & dryer. $\$$ required.
- **Leisure Books or Games**
  - You will be busy throughout the program, but weekend students have no planned activities, bring something that will keep you busy.
- **Light Sweater(s)**
  - Some classrooms are a bit chilly.
- **Over the Counter Drugs**
  - If you suffer from headaches, stomach aches, cramps, or other please bring you usual over the counter medicine.
- **Plain White T-Shirt**
  - You will be doing activities throughout the program that may damage you regular clothes. (Olympic Competition Purpose)
- **Prescribed Medication**
  - You will need to notify the program coordinator before bringing prescribed medication on campus.
- **Spending Money**
  - Laundry, munchies, parking permits, etc.
- **Sunblock**
  - Highly recommended, very hot weather.
- **Swim Suit**
  - Two pool areas in the Housing Residential Life Village.
- **Water Bottles**
  - Avoid dehydration, you are also encouraged to bring other non-alcoholic beverages to last throughout the duration of the program. We recommend water or Gatorade.

### Restroom/Shower
- **Bath Soap**
- **Hair Dryer if needed**
- **Shampoo/Conditioner**
- **Toothbrush/Toothpaste**
- **Towels(Body/Hand)**
- **Hair brush**

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**Should you have additional questions or concerns please call Louisa Herrera at (209) 667-3257 or Araceli Garcia at (209) 667-3615**

**See you on Sunday, July 4th**