

# Participant Checklist

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

<input type="checkbox"/>	Sleeping bag or blankets	Twin size bed cover.
<input type="checkbox"/>	Pillow	You will need as much sleep as you can get, bring your favorite pillow in needed.
<input type="checkbox"/>	Alarm Clock	You will be penalized for being late, bring a reliable alarm clock. Tardiness/Absences may lead to dismissal from the program.
<input type="checkbox"/>	Hangers	For those students who plan to use closet space, not drawers for clothing storage.
<input type="checkbox"/>	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)
<input type="checkbox"/>	Snacks	All students are encouraged to bring snacks that will last throughout the duration of the program.
<input type="checkbox"/>	Night Lamp	
<input type="checkbox"/>	Small Radio	No loud/disturbing music aloud in the dorm area.

## Academic Material

<input type="checkbox"/>	Backpack	Materials are heavy and we do not provide backpacks.
<input type="checkbox"/>	Writing Tools	We will provide pens/pencils/erasers and other items, but we all have favorite writing utensils if needed please bring.

## Other Items

<input type="checkbox"/>	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.
<input type="checkbox"/>	Gym Clothes	Morning walks, afternoon exercise, etc.
<input type="checkbox"/>	Laundry Detergent	If planning to wash your clothes on campus, the program does not provide laundry supplies. Dorms have washer & dryer. \$\$ required.
<input type="checkbox"/>	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.
<input type="checkbox"/>	Light Sweater(s)	Some classrooms are a bit chilly.
<input type="checkbox"/>	Over the Counter Drugs	If you suffer from headaches, stomach aches, cramps, or other please bring you usual over the counter medicine.
<input type="checkbox"/>	Plain White T-Shirt	You will be doing activities throughout the program that may damage you regular clothes. (Olympic Competition Purpose)
<input type="checkbox"/>	Prescribed Medication	You will need to notify the program coordinator before bringing prescribed medication on campus.
<input type="checkbox"/>	Spending Money	Laundry, munchies, parking permits, etc.
<input type="checkbox"/>	Sunblock	Highly recommended, very hot weather.
<input type="checkbox"/>	Swim Suit	Two pool areas in the Housing Residential Life Village.
<input type="checkbox"/>	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

<input type="checkbox"/>	Bath Soap
<input type="checkbox"/>	Hair Dryer if needed
<input type="checkbox"/>	Shampoo/Conditioner
<input type="checkbox"/>	Toothbrush/Toothpaste
<input type="checkbox"/>	Towels(Body/Hand)
<input type="checkbox"/>	Hair brush

**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**