2015 Pre-College Program
Suggested Packing List and Suggested Dress Requirements

*Rooms are air conditioned

**Bedding:**
- Set of standard twin sized sheets
- Bedspread/Comforter
- Mattress pad (optional)
- Pillows/Pillowcases
- Throw blanket

**Laundry** *Available at no additional cost (washer/dryer):*
- Laundry bag
- Laundry detergent
- Fabric softener/Stain remover
- Iron/Iron board
- Lint brush

**Toiletries/Bathroom Items:**
- Body wash
- Shampoo/Conditioner
- Face wash
- Deodorant
- Hairspray/Hair gel
- Lotion
- Hairbrush/Blow dryer/Straightener
- Hair ties/Clips
- Contacts, solution, and case
- Eyeglasses and case
- Sunglasses
- Nail polish/Nail polish remover
- Sunscreen
- Toothbrush/Toothpaste/Floss
- Bath towels
- Pool towels
- Wash clothes/Loofahs

**Clothing:**
- T-shirts, long-sleeve shirts
- Undergarments
- Pants (including jeans, leggings, etc.)
- Shorts/Skirts
- Khaki shorts/Pants
• Sweatpants/Sweatshirts
• Sweaters
• Jackets (including rain coat)
• Workout clothes/Yoga pants
• One nice outfit (sundress, slacks, nice jeans, blouse)
• Pajamas/Slippers
• Bathing suit
• Flip flops (for both dorm and outdoors)
• Sneakers
• Flats
• Bags/Clutch
• Belts

Technology:
• Cell phones
• iPods/Tablets
• Laptops
• Small electronic devices
• Camera
• Spare chargers

Food:
• Bottled water
• Granola bars
• Cereal/Instant oatmeal
• Snacks

Medical:
• Any necessary medications
• Aloe lotion
• Bandages
• First-aid kit
• Multivitamins
• Eye drops
• Cortisone cream
• Hot and cold packs
• Cold and flu medicine
• Antiseptic wipes
• Insect repellent
• Throat drops/Lozenges
• Feminine products
• Vaseline

Room Items/Miscellaneous:
• Alarm clock
• Hangers
• Reading lamp (rooms have overhead lighting only)
• Umbrella
- Gym bag (gym facilities available at no additional cost)
- Board games, books, frisbee and additional free time activities
- Pocket money suggested (around $200)

Please be aware that the University accepts no responsibility for lost or damaged items. You will be responsible for ensuring that your bedroom door is locked when you leave.

Do NOT bring:
- Cooking appliances
- Candles/Incense

Additional Requirements by Program:

Pre-College Nursing:
Class Items:
- Notebook
- Pens/Pencils
- Construction paper
- Art supplies (markers, glue, crayons)

Hospital Trip Dressing Attire:
- Program shirt (you will receive this upon arrival)
- White pants (Scrubs)
  - Commonly sold at Walmart, Nursing stores, etc.
- White sneakers
- NO SANDALS, SHORTS, SKIRTS, OR TANK TOPS (When visiting hospitals and/or when in labs)

Pre-College Business:
Class Items:
- Notebook
- Pens/Pencils

Clothing:
- Business Attire Outfits (2 sets):
  - Males: Slacks, dress shirt, tie
  - Females: Blouse, slacks/skirt (appropriate length)

Adelphi-Winthrop Summer Science Institute:
Dress code for Morning Class:
- Business casual attire (daily)

Dress Code for Labs:
- Students must be covered from neck to knees and from neck to wrists
- Suggestion: Bring long-sleeve shirts/long pants & sneakers
- Closed-toed shoes ONLY (no flip flops/sandals)