



## Pre-College Program: Summer 2017

### *Suggested Packing List and Dress Requirements*

#### Bedding

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

#### Laundry

*Washer/Dryer Available at no additional cost*

Laundry bag	
Laundry detergent	
Fabric softener/Stain remover	
Lint Brush	

#### Toiletries/Bathroom Items

Body Wash	Eyeglasses and Case	
Shampoo/Conditioner	Sunglasses	
Face Wash	Nail Polish and Remover	
Deodorant	Sunscreen	
Hairspray/Hair Gel	Toothbrush/Toothpaste/Floss	
Lotion	Bath Towels	
Hairbrush and Styling Tools	Pool Towels	
Hair Ties and Clips	Wash Cloths/Loofahs	
Contacts, Solution, and Case		

## Clothing

T-shirts, Long-sleeve Shirts	Pajamas/Slippers	
Undergarments	Bathing Suit	
Pants (including jeans, leggings, etc.)	Flip flops (for both dorm and outdoors)	
Shorts/Skirts	Sneakers	
Sweatpants/Sweatshirts	Flats	
Sweaters	Bags/Clutch	
Jackets (including rain coat)	Belts	
Workout Clothes/Yoga Pants		

## Technology

Cell Phones	
iPods/Tablets	
Laptops	
Camera	
Chargers	

## Food

Bottled Water	
Granola Bars	
Cereal/Instant Oatmeal	
Snacks	

## Medical

Necessary Medications	Cortisone Cream	
Aloe Lotion	Hot and Cold Packs	
Bandages	Cold and Flu Medicine	
First-Aid Kit	Antiseptic Wipes	
Vitamins	Insect Repellent	
Eye Drops	Throat Drops/Lozenges	
Vaseline	Feminine Products	

## Room Items/Miscellaneous

Alarm Clock	
Hangers	
Reading Lamp*	
Umbrella	
Gym Bag^	
Free Time Activities (Books, Board Games, Frisbees)	
Money (Suggested amount, \$200)	

*\*Rooms have overhead lights only*

*^Gym facilities available at no additional cost*

## Prohibited Items

- Cooking Appliances
- Candles/Incense
- Hoverboards

***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.***

## Additional Requirements by Program

### Pre-College Nursing

#### Hospital Dress Code

*Appropriate attire required, this includes:*

- Program Shirt (receive upon arrival)
- White Scrubs (sold at Walmart) or Pants (preferably not jeans)
- White sneakers (ie – Keds)
- NO SANDALS, SHORTS, SKIRTS, OR TANK TOPS

***Failure to adhere to hospital dress code may result in exclusion from clinical days***

### Adelphi-Winthrop Summer Science Institute

#### Dress code for Winthrop

- Closed-toe, comfortable shoes

#### Dress Code for Labs

- Students must be covered from neck to ankles and from neck to wrists
- Closed-toe shoes ONLY (no flip flops/sandals)