

Headgear

- Baseball cap or sunhat
- Sunglasses

Clothing

- T-shirts/tank tops (weather appropriate and comfortable to move in)
- Shorts/pants (weather appropriate and comfortable to move in)
- Sweater/sweatshirt/jacket
- Pajamas/sleep clothes
- Underwear/socks

Footwear

- Tennis shoes/sneakers/closed-toed shoes (comfortable for walking)
- Shower shoes/flip-flops

Bed and Bath

- Towels — bath, hand, and washcloth
- Sheets/bed linens (twin bed)
- Blanket/sleeping bag
- Pillow/pillowcase
- Laundry Bag

Notes:

- Skirts are not recommended, due to some of the activities students may participate in
- Overnight accommodations are air-conditioned
- Sheets/bed linens will NOT be provided
- Local Des Moines weather: <http://www.kcci.com/weather>

Bathroom Kit

- Shower caddy
- Brush/comb
- Shampoo/conditioner
- Soap
- Toothbrush/toothpaste
- Deodorant
- Feminine products (if needed)

Other

- Insect Repellent
- Sunblock
- Handbag or draw-string bag (students may have folders or other items they will want to carry with them)
- Medication (if needed)
- Signed liability release forms
- Spending money (for off-campus treats if desired)