

CHECKLIST OF ITEMS TO PACK – (Keep This!)

Program Materials:

All program materials are provided. The cost of your room and meals are also included.

Clothing:

- Dress for PFEW is casual; HOWEVER, DRESS MUST BE TASTEFUL AND APPROPRIATE: If in doubt, wear something else. Bring enough clothes for 7 days. *Casual clothing is any clothing you'd be allowed to wear to school (i.e. shorts, t-shirts, jeans, sneakers, sandals, etc.).*
- **On Friday, there will be a presentation given by the students in the morning and an awards banquet in the evening. Appropriate dress clothes for both events will be required. Dress, skirt or dress slacks and blouse for ladies. Suit and tie or dress slacks and buttoned shirt with tie for men are appropriate.** Dress for the dance on Friday night is casual.

Food:

3 meals a day are provided for students except for Sunday (day of arrival in which only dinner will be served) as well as Saturday (day of departure in which no meals are served). Meals are served buffet style so that students may make their own food selections while taking into consideration any dietary modifications they may need.

Spending Money:

Students will have an opportunity to purchase souvenirs if they choose to. The campus bookstore will be open during the week. Snacks are available in vending machines and food may be ordered to campus during free time hours. If you choose to bring spending money, \$30-35 seems to be a reasonable amount to bring.

REQUIRED Items To Bring:

- DRESS CLOTHING (*see above*)
- SNEAKERS (mandatory for daily Executive Fitness)
- PILLOW & BED LINENS (twin sheets- both twin and twin xl will work for dorm beds)
- Toiletries (Personal Items i.e., soap, toothpaste, shampoo, feminine products, etc.)
- Towels/Washcloths
- FAN (THE DORMS ARE NOT AIR CONDITIONED)
*If you are scheduled to be at the Penn College campus, the dorms are air conditioned.
- Alarm Clock

Additional Suggested Items To Bring:

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| • Watch | • Jacket/Sweater/
Sweatshirt | • Medications / Band-
Aids (Advil/Tylenol/
Prescriptions) | • Camera |
| • T-shirts | • Sandals/Flip-Flops
(for community
bathrooms) | • Blanket | • Sunglasses |
| • Shorts/Jeans | • Calculator | • Laundry Bag | • Raincoat/Umbrella |
| • Bathing Suit (optional
pool party Wed. night
at Lycoming College
Only) | • Sunscreen | • Hair Dryer/ Curling or
Flat Iron | • Backpack |
| • Pajamas | | | • Folder (to keep notes
you take in) |
| | | | • Snacks/Drinks |
| | | | • Hand Soap (for dorm
room bathrooms) |

Electronics:

- Electrical appliances including refrigerators are not permitted. Should any medications need to be refrigerated (i.e. insulin) an RA in the dorm will be equipped with a refrigerator – please see your RA upon registration.
- TV's, laptops and other expensive items should not be brought. Students will not have access to the campus's Wi-Fi during the week.
- Cell phones are permitted, but must be used during appropriate times (i.e. meals or free time) and should remain off or on silent during major activities such as speakers.
- **PFEW will not be responsible for lost, stolen or damaged personal items.**

******Please remember that lunch will not be served on Sunday. The first meal is 6 p.m. Make plans to arrive in plenty of time to register so that you eat lunch prior to opening ceremonies. Remember program registration, dorm check in and campus tours **MUST BE completed by 11:00 a.m.****