



## WHAT TO BRING TO WHEN STAYING AT SEM

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Below is an overview of what to bring to for the Sleepaway and Immersion programs of Summer @SEM.

### Clothing:

There is no dress code for the summer programs. Dress is casual all summer (t-shirts, shorts, etc.). All clothing must be neat and presentable and provide appropriate coverage. T-shirts with inappropriate words, phrases or designs are NOT allowed. Bring at least one sweatshirt, a light windbreaker and one pair of long pants. You may want one nice outfit for closing activities or field trips.

Bring enough athletic clothes for daily participation in sports and please bring an athletic bra and sneakers. You must have white-soled non marking athletic footwear for the gym and squash courts. Don't forget a swimsuit and towel!

### Room Furnishings and Decorations:

Rooms are furnished with beds, desks and chairs, dressers, mirrors, and curtains. You are welcome to bring a stuffed animal and family photos. No decorations may be hung on the walls.

Please also bring: Pillow, pillow case, twin sheets and blanket or a sleeping bag, towel and washcloth, toiletries, and flashlight. It's important to leave all valuables at home.

### Food:

Meals and snacks are provided throughout the day. Snacks should not be stored in the dorms.

## WHAT NOT TO BRING:

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Portable televisions, stereos, computers, or other electrical devices. Coffee pots, hot pots, rice cookers, kettles, air conditioners, and heating pads are not allowed. Computers in the dorm rooms detract from the social experience that is a crucial part of our program.

## PACKING LIST:

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### Clothing:

- T-Shirts
- Tank tops
- Shorts
- Jeans/pants
- Light jacket/sweatshirt
- Rain jacket
- Appropriate undergarments/athletic bra
- Swimsuit
- Pajamas
- Sweat pants
- Sneakers
- Sandals/flip flops
- Socks

### Toiletries etc.:

- Toothbrush
- Toothpaste
- Deodorant
- Hairbrush
- Shampoo/conditioner
- Body wash
- Sunblock
- Goggles
- Bug repellent
- Flashlight
- Sunglasses
- Bedding (twin sheets, blanket/comforter) or sleeping bag
- Pillow and pillowcase
- Bath towel and washcloth
- Beach towel