

## Packing List - Pre-Orientation Panther Week Retreat

Please pack the following items for the "Skills for Bridging the Gap" off-campus retreat, to be held August 16-19, 2024.

### Clothing:

- 4-6 shirts
- 3-5 pairs of shorts
- 1-2 pairs of jeans or long pants (needed for low ropes course)
- 4-6 pairs of underwear
- 4-6 pairs of socks
- 1-2 pairs of closed-toed shoes
- 1 pair of flip flops or shower shoes
- Pajamas or nightgown
- 1-2 swim suits, if you plan to swim
- 1 rain coat or poncho
- 1-2 sweatshirts
- 2-3 pairs workout clothes (for outdoor group games)
- Additional gym clothes, if desired

### Toiletries:

- Comb and brush, shampoo/conditioner
- Toothbrush and toothpaste
- Soap/body wash
- Deodorant
- Sunscreen
- Bug spray

### Linens:

- 2 sheets (top and bottom) for a single bed
- 1 pillow and pillowcase
- 1 warm blanket or sleeping bag (NOTE: you will receive a blanket as a pre-orientation gift, so bringing an additional blanket or sleeping bag is optional and depends on your personal preference)
- 1-2 towels and washcloths
- Beach towel for kayak/water activities

### Miscellaneous:

- Water bottle
- Flashlight and extra batteries
- 1-4 Ziplock bags for wet items
- Laundry bag

### Optional:

- Book to read
- Sun visor/hat
- Sunglasses

### Prohibited Items—DO NOT BRING:

Gum, pets, graffiti, weapons, pornography, alcohol, cigarettes, e-cigs, juuls/vaping devices, and drugs of any kind.