

## ADVANCE Program Packing List

This list will be helpful while shopping and/or packing for ADVANCE.

You will be asked in few places below to reference ADVANCE's website, <http://advance.nsula.edu/>, to clarify information.

### Students should bring the following items with them to ADVANCE:

- 1. Bed linens, towels, and washcloths** - Sheets and pillowcases; pillow(s); mattress pad or egg-crate; heavy blanket, several thin blankets or sleeping bag; towels and washcloths. Note: The mattresses are extra-long twins, and you can find sheets to fit them online at Wal-Mart or Bed, Bath, and Beyond. However, some regular twin sheets will fit.
- 2. Personal hygiene items, toiletries, and health and cleaning supplies** - Hand sanitizer for backpack and larger bottle for refilling, and disinfectant sprays and wipes for suite, bedroom, and bathroom. Other cleaning supplies for your suite (broom, dustpan, mop and bucket, Swiffer, and Swiffer pads); tote for shower items; shower shoes or old flip flops; soap for shower and sink; toothbrush, toothbrush cover, toothpaste, and mouthwash; shampoo and conditioner; deodorant; insect repellent; sunscreen; feminine hygiene products; contact lenses and solution; prescription medication and over the counter medication (enough for three weeks). Refer to website - Click on Residential Life in menu box - scroll to Medical Information.
- 3. Clothing** - First, review the Dress Code (Refer to website – Click on Expectations for Student Conduct in menu box – Scroll to Dress Code.) Students primarily need casual, comfortable clothes that are appropriate for class. Comfortable shoes and socks; umbrella, rain boots or old shoes that will not be ruined by rain or mud, raincoat &/or poncho; light jacket, sweater, or sweatshirt (classrooms can be cold); long pants; pajamas (robe is optional); undergarments; hat or visor; bathing suit and beach towel (Males must wear lined swimming trunks per NSU policy.) Students in science classes must wear closed-toe shoes and long pants for labs.
- 4. Clothing for special days** - ADVANCE offers several theme days, and there will be two theme dances. Students are encouraged to bring clothes for theme days and dances. Theme days usually include twin day, pajama day, character or superhero day, sports team day, tie dye or ties day, facial hair day, and holidays. Theme dances include “Intergalactic” (Star Wars and Star Trek) and “Decades” (Clothing style of any decade.) The third dance, held on the last night of the program, will not have a theme.
- 5. Laundry supplies** - Laundry basket, detergent, dryer sheets, and quarters (\$1.50/load for the washer and \$1.50/load for the dryer).
- 6. Basic school supplies** - Backpack, notebooks, 3-ring binder with loose-leaf paper, pens, pencils, sticky notes, highlighters, et cetera. Review your syllabus to see if your class requires additional items (jump drive, calculator, graphing paper, et cetera).
- 7. Healthy snacks** - Microwavable non-frozen foods (ravioli, spaghetti cups, soups, Ramen noodles), non-perishable foods (trail mix, beef jerky, power bars, pop tarts, crackers, or other healthy dry foods), and bottled water and/or refillable water bottle labeled with the student's name (Some buildings have bottle filling water fountains.) Limit snacks and beverages with high sugar and caffeine content. Energy drinks are strongly discouraged.
- 8. Items for eating snacks in the dorm** - Paper towels, paper plates, zip lock bags; a microwavable plate, bowl, and mug; cutlery (plastic or reusable); hand operated can opener (if necessary); dish soap, sponge or dish cloth, and dish towel.
- 9. Approved electronic devices and appliances** - Cell phone; portable music players (iPod, mp3 player, Discman); eBook readers (Kindle, Kindle Fire, Nook, Kobo, Sony's Reader) for use in dorm; hair dryers, curling irons and / or straight irons; clothing irons with auto-shutoff; fan for the student's suite (optional). Refer to website – Click on Expectations for Student conduct in the menu box – Scroll to Electronic Devices.
- 10. Spending money** - Refer to website – Click on Residential Life in menu box – Scroll to Spending Money.
- 11. Optional items you may find useful** - Power strip and extension cord; cell phone and charger; flashlight; wristwatch; throw rug; small trash can; lamp; Kleenex; folding drying rack; hangers; paperback books for your backpack; digital camera or traditional camera with film and batteries (Cell phones stay in the dorm.); alarm clock; small sewing kit; non-aerosol air freshener; small musical instrument, and sheet music; a lockbox if you bring valuables; tennis racquet; items that may be needed for the talent show (dance costume and shoes, CD, karaoke music, small props, instrument and sheet music, et cetera). No tap, pointe, or clogging shoes are allowed on stage.
- 12. Students are not allowed to bring certain items** - Refer to website – Click on Expectations for Student Conduct in menu box – Scroll to Prohibited Items.

**Students are responsible for the security of their money and belongings.**

For information about Natchitoches, Louisiana, call 800-259-1714 or visit <http://www.natchitoches.com/>.