

Note: Students will be provided with a program t-shirt, small lightweight backpack, and water bottle.



Suggested Packing List

For UVA and ODU ONLY:

Extra-long twin sheets Pillow

Towel and washcloth

Remember that you have to load/unload it all to and from your dorm.

Blanket

Comfy lightweight clothes that you can layer – It may be hot and muggy; however, the air conditioned buildings can be chilly

Lightweight jacket or sweater

Very comfortable walking shoes- **tennis shoes** suggested (two pair recommended in case of rain). **No flip flops**

Your child may be walking for more than 5 miles a day so please make sure they have comfortable shoes!

Bathrobe

Shower cap/shoes

Mosquito repellent

Small umbrella, raincoat

Personal items (soap, deodorant, feminine products, shampoo, conditioner, toothpaste, tooth brush, any over-the-counter medicines, you may need, Tylenol, ibuprofen, etc.

We cannot dispense medication so please make sure your child has what he/she needs.

Spending money (souvenirs, snacks). Small amount (\$5 or \$10)

Any other comforts from home that will make your visit easier

Please do not bring laptops since no internet service will be provided.

