



PACKING LIST & DRESS REQUIREMENTS

Pre-College Program, Summer 2025

BEDDING

- Set of Standard Twin XL Bed Sheets
- Bedspread/Comforter
- Pillows/Pillowcase
- Throw Blanket
- Mattress Pad (Optional)

LAUNDRY

- Laundry Basket/Bag
- Laundry Detergent
- Fabric Softener
- Stain Remover (Optional)
- Lint Brush (Optional)

CLOTHING

- T-Shirts
- Long Sleeve T-Shirts
- Pants (Jeans, Shorts, Etc.)
- Sneakers
- Pajamas
- Sweatpants
- Flip Flops (For Showers)

OPTIONAL CLOTHING

- Workout Clothing
- Sweatpants/Sweatshirts
- Bathing Suit
- Slippers
- Rain Coat
- Flat Shoes
- Sandals

All students are strongly encouraged to bring at least **one (1) business casual outfit (i.e. dress shirt/blouse, collared shirt/button-down shirt, slacks/khakis/trousers, long skirts, dresses, tie, dress shoes, loafers, etc.)*

***All students are highly encouraged to bring **one (1) semi-formal outfit** for the Pre-College "Prom" that takes place on the final Friday of the program (i.e. a dress, a skirt and blouse, slacks and a button down shirt, etc.)*

****All students in **Introduction to Nursing, Pre-Med: Microbiology, Nutrition, and Human Disease, and Quantum Engineering** must be covered "neck to ankles" (i.e. long sleeved shirts and long pants) and must wear closed toed shoes for their learning labs. Flip flops, sandals, and/or slides are not permitted in the labs.*

*****All **Introduction to Nursing** students must have one pair of black scrub pants for CESiL lab days and clinical site visits*

PACKING LIST (CONTINUED)

Pre-College Program, Summer 2025

TOILETRIES/BATHROOM ITEMS

- Body Wash/Soap
- Shampoo/Conditioner
- Face Wash
- Deodorant/Antiperspirant
- Bath Towels
- Wash Cloths/Loofahs
- Toothbrush/Toothpaste/Floss
- Contacts and Lens Solution
- Eyeglasses and Case
- Sunglasses and Case
- Sunscreen
- Hair Products
- Hair Styling Tools
- Lotion (Optional)

TECHNOLOGY

- Cell Phone and Charger
- Laptop and Charger
- Headphones/Airpods
- iPad/Tablet and Charger (Optional)
- Alarm Clock (Optional)

FOOD

- Refillable Water Bottle
- Non-perishable Snacks
- Cereal/Instant Oatmeal (Optional)
- Microwaveable Meals (Optional)
- Paper towels (Optional)

MEDICAL/FIRST AID

- Necessary Medications/Prescriptions
- Aloe Lotion
- Band-Aids
- Antibacterial Hand Sanitizer
- Tylenol/Advil
- Menstrual Products
- Hot and Cold Packs (Optional)
- First Aid Kit (Optional)

ROOM ITEMS/MISCELLANEOUS

- Clothes Hangers
- Umbrella
- Backpack
- Trash Can
- Gym Bag
- Money (Suggested Amount \$100)

*Please note Adelphi is a cashless campus, the suggested amount can be on a card

