

NRSC Summer Program Suggested Packing List

Students will be provided with three program t-shirts for field trips. Participants will have access to laundry facilities to wash clothes at no cost. Even though it is summer, students should also consider layers; it is hot outside and cold in the air conditioning. Clothing should be free of offensive language, drugs, or alcohol.

Label EVERYTHING - Classic iron-on/stick-on clothing labels, dishwasher-safe vinyl labels, and laundry pens can be used for this task.

Keep in mind for those who are flying the 50 lb weight limit. You can check one bag and bring two carry-on bags. One carry on must fit under the seat in front of you and one in the overhead bin. Check [TSA.gov guidelines](https://www.tsa.gov/guidelines) for more details.

Clothing

- 4 t-shirts
- college spirit or deaf pride t-shirt (optional)
- 7 shorts/leggings/sweats
- long pants
- jacket or sweatshirt
- 7 underwear
- 7 sets of socks
- closed toed sneakers (We will be walking and running. They are **required** for some field trips.)
- beach sandals
- water shoes
- pajamas
- swimsuit (Camp appropriate. Girls can wear a one-piece or bikini, provided it adequately covers the chest and bottom.)
- rain gear

Headgear

- baseball cap or sun hat
- eyeglasses
- sunglasses
- amplification
- extra batteries

Bed and Bath

- blanket
- pillow and pillowcase**
- towel

- beach towel

****Do not forget to bring a pillow.****

Bathroom Kit (Liquids must be 4 oz or less if flying.)

- shower caddy
- brush and comb
- shampoo and conditioner
- soap and soap container
- facewash
- toothbrush
- toothpaste
- deodorant
- lotion
- shaving gear
- feminine products
- shower shoes

Miscellaneous

- cell phone charging cord and block
- alarm clock
- flashlight
- extra batteries
- Goggles
- medication in the original container
- Extra spending money (Vending machines, souvenirs, extras during recreation, and if flying food in the airport.

Please leave at home electronic games, expensive jewelry, fireworks, computers, tobacco products, alcohol, and illegal drugs.