### CARE Packing List

#### PLAN TO BRING THESE ITEMS WITH YOU
- *Everyday Clothes (for at least 7 days)
- Shirts/Tops
- Shorts/Long Pants/Bottoms
- Underwear/Socks
- Close-Toed Shoes
- Sleepwear
- Dressy/Traditional Outfit for Graduation
- Hat/Head Covering
- Light Coat
- *Over-the-Counter Medications
- *Prescription Medications
- Bedding/Sheets/Pillows (Mattress is XL Twin Size)
- Laptop/iPad/tablet
- Water Bottle
- Laundry detergent
- Shampoo, Conditioner & Body Soap
- Deodorant
- Brush/Comb/Hair Care Items
- Towels
- Shaving/Grooming Items
- Feminine Hygiene Items
- Sunscreen
- Backpack

#### THESE ITEMS ARE OPTIONAL TO BRING WITH YOU
- Umbrella
- Rain jacket
- Drinks (Juice/Soda/Etc.)
- Snacks (Grab & Go)
- Small Fan/Box Fan
- Batteries
- Shower slippers
- Shower caddy
- Robe & Shower Cap
- Hair Dryer/Curling Iron
- Dryer Sheets
- *Vitamins

#### DO NOT BRING THESE ITEMS WITH YOU
- Hot Plate
- Crock Pot
- Refrigerator
- Microwave
- Pots, and pans
- Exercise Equipment
- Tobacco Products
- Alcoholic Beverages
- Marijuana Products
- Any Weapons

#### *HELPFUL PACKING REMINDERS

**CARE DRESS CODE**
- Shoulders and midriff must be covered.
- No Spaghetti Straps/Short Tops
- No Clothes that display tobacco, alcohol, or drug logos.
- Close-toed shoes required for lab work

**NAU MEDICATION POLICY**
- CARE staff is prohibited by NAU policy from administering medications, including over-the-counter.
- Please plan to provide and administer on your own.

**DON’T BRING TOO MUCH!**
- Your room is a modest size and will be shared with a roommate.
- Remember that you will be living here for 8 weeks. Less is more!

#### COOKING IN THE CAMPUS LIVING COMMUNITY
- A meal plan is provided so there should be limited need for additional meal options.
- Use of the kitchen in the community is permitted. Microwaves and refrigerators are provided for small food items.
- CARE will be providing pots, pans, silverware, plates in the community kitchens.
- Please clean up after yourself when using the community kitchens.