

# POST Packing Checklist

POST provides food and lodging only and will NOT provide the items listed below.  
Pack these items separately from any belongings you are bringing for the academic year.

**Do not pack more for POST than you can comfortably carry by yourself.**

## **Required Items**

- Photo ID
- Sleeping bag and/or sheet/blanket
- Pillow
- Water bottle—you will use this daily
- Towel/washcloth
- Health and beauty items  
(i.e. soap, shampoo, deodorant, razor, shaving cream, toothbrush, toothpaste, blow dryer)
- Nightclothes
- Flip flops for shower facility
- Work clothes/outfits that will get dirtied (to last for 4 days)
- Comfortable sneakers or work boots (these too will get dirty)
- Casual clothes for evening activities—pants and shorts (in addition to work clothes)
- Casual shoes (apart from sneakers & work boots)
- Any medications you normally take (i.e. allergy) and any emergency medications
- Rain gear/poncho/rain coat/umbrella
- Spending money (for eating out on free night, etc. – we recommend a minimum of \$20)
- Sunblock (you will most likely be outside most days)
- Light jacket or sweatshirt
- Dressier clothes for College Dinner with faculty, senior administration and other guests

## **Optional Items**

- Sleeping pad (if desired – remember, you will be sleeping on mats on the floor during POST)
- Hat
- Mini alarm clock
- Sunglasses
- Bug spray
- Female Participants may wish to bring a bathing suit for shower/locker room facilities