



## Personal Items for Living on Campus

You will be staying in a college residence hall, with shared bath facilities. The college provides a pillow, bed linens, blankets, and towels.

In the past, some participants have found themselves wishing for these items:

- Bathrobe: you may be in a co-ed dorm and you will have to walk down a hallway to the shower.
- Shower tote for getting personal items to and from the bathroom.
- Flashlight for walking around campus after dark.
- Footwear appropriate for snowy sidewalks.
- Ski pole or YakTrax in case sidewalks are icy.
- Mattress pad or foam mattress topper (twin size) for extra cushioning.
- A fitted bottom sheet (twin) to replace the flat sheet provided.
- Extra towel, facecloth, and blanket.
- Small clip-on lamp for reading in bed and an extension cord for plugging it in.
- Small power strip for re-charging electronic devices.
- Travel mug for taking coffee from dining hall to studios.
- Snacks for when the dining hall is closed.
- Beverages for evenings in the dorm.
- Clothes appropriate for the Mindful Moving class if you want to take part, or for working out on the exercise equipment in the Meyer Recreation Barn.
- Notepad, pen, and pencil for sketching in class or for the Writing Seminar offered morning and evening each day.

**Clothing:** Some of the studios are warm, others are chilly. If you dress in layers, you will be able to be comfortable as you move about the building.