

TEEN PACKING LIST

Dear Teen,

Since we will be staying only 1 night, we encourage you to keep it simple! Here are some suggestions:

WHAT TO BRING:

- Medication and any over-the-counter meds (including vitamins) in original containers sealed in a zip-lock, waterproof plastic bag labeled with participant name, ready to turn in to the nurse
- Bedding: Sleeping bag, sheets/linen, blanket, pillow
- PJs or something to sleep in
- Bath: Towel, washcloth, shower shoes (flip flops), soap
- Casual, comfortable clothing: Shorts or jeans, t-shirts, sandals or tennis shoes—like you could wear to a school field trip!
- Essential Toiletries: Toothbrush, toothpaste, deodorant, hair essentials, etc.
- Optional for outside: Sunscreen, sunglasses, hat

For your benefit and safety, one of our team members will inspect your belongings to ensure strict adherence to the following:

WHAT NOT TO BRING:

- × Cell phones or iPods
- × Expensive jewelry or clothing
- × Articles that are of value to you, sentimental or otherwise
- × Sharp objects
- × Alcohol, tobacco, non-prescription or illegal drugs
- × No snacks, bug spray or flashlights; we will provide those

We love helping teens feel excited about their future. We look forward to meeting you!

See you soon,

Your Teen STEPS to Discovery Team