Participants will be staying in Martin Residence Hall on Iowa State University’s campus. The rooms are double occupancy, so two students to a room, and share a bathroom with one other 2-person room. Below is a suggested list of items, but please your own discretion.

**Clothing**
- ☐ Tops
- ☐ Bottoms
- ☐ Long pair of jeans without holes for labs
- ☐ Undergarments - bras, underwear, socks
- ☐ Sweatshirt/flannel/light jacket
- ☐ Accessories - belts, caps, sunglasses
- ☐ Closed-toe shoes
- ☐ Shower shoes
- ☐ Sandals
- ☐ Pajamas

**Personal Care**
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body Wash
- ☐ Razor
- ☐ Loofa/washcloth*
- ☐ Lotion
- ☐ Toothpaste/floss
- ☐ Toothbrush
- ☐ Face wash
- ☐ Deodorant
- ☐ Hair ties/bobby pins/scrunchies
- ☐ Hair brush
- ☐ Dry Shampoo
- ☐ Sunscreen
- ☐ Menstrual products (pads, tampons, cups, etc.)
- ☐ Glasses
- ☐ Contacts/contact solution/contact case
- ☐ Chapstick

**Extras**
- ☐ Phone charger
- ☐ Camera
- ☐ Umbrella
- ☐ Water Bottle
- ☐ Wallet
- ☐ Tissues
- ☐ Hand sanitizer
- ☐ Body towel*
- ☐ Hand towel*
- ☐ Blanket*
- ☐ Pillow*
- ☐ Bug repellent

**Medications (if applicable)**
- ☐ Prescription medications
- ☐ Allergy medications
- ☐ Pain medications
- ☐ Aloe Vera
- ☐ Additional medications and medical supplies

*Each participant will be supplied with the following linens: twin XL sheets, pillow, pillowcase, blanket, two towels, one washcloth, and soap. Participants are welcome to bring their own in addition to the ones provided for the duration of their stay at Iowa State University.