



---

## WHAT TO BRING CHECKLIST:

Please label all items to ensure lost items can be returned to you.

### Bedding Needs

- Sheets (for a twin bed)
- Pillow and pillowcase
- Blanket

### Clothing

- Casual clothing
- Long pants and closed-toe shoes for labs
- Jacket, sweatshirt or sweater
- Rain gear or umbrella
- Pajamas
- Clothes hangers
- Athletic shoes

### Bath supplies

- Deodorant
- Bath towels and washcloths
- Toothbrush, toothpaste
- Shampoo and soap

- Hair dryer

### School Supplies

- Paper, notebooks, pens, pencils, highlighters,
- Backpack or book bag
- Water bottle (very important!)

### Personal Needs

- Any necessary medications (in their original containers)
- Sunscreen (strongly recommended), a hat, and sunglasses
- Non-aerosol insect repellent (recommended)

### Miscellaneous

- Books for recreational reading
- Musical instruments
- Any sports equipment desired (Frisbee, softball gloves, tennis racquets, etc.)
- Spending money (\$40-\$100 recommended)
- Camera

---

## WHAT NOT TO BRING:

- Alcohol, illegal drugs, vaping/juul, cigarettes/e-cigarettes and/or any other versions or products related to, or similar to these items
- Flame-producing device (including matches, lighters, candles, and firecrackers/fireworks)
- Pets of any kind
- Bicycles, skateboards or scooters
- Products that damage surface finishes (such as slime, goop, silly string, etc.)
- Televisions, computer/video games, portable game systems, etc.
- Halogen lamps, hot pots, electric skillets, etc.
- Laser pointers, lamps, flashlights, light bulbs
- Any other items that may or may not be deemed as questionable, destructive and/or harmful to yourself and/or others.
- Weapons of any kind (including, but not limited to: pocket knives, BB guns, darts and martial arts devices)

---

**NOTE:** We reserve the right to confiscate, for any length of the Academy, any items that demonstrate the potential for distracting students from the goals of the program, pose undue risk to the safety and well-being of people, or pose undue risk to property. We will use our best judgment to ensure the safety of all students, staff and faculty. The ATSU-Truman Healthcare Academy, A.T. Still and/or Truman State University are not responsible for any items.