

The following are suggestions of items that you should bring with you for your own comfort:

- Twin bedding. (Sleeping bag or extra blanket and sheets.) Pillow(s).
- Towels, Washcloths
- Toothbrush, Toothpaste
- Comb, Brush, Hair Dryer, Curling Iron, etc.
- Glasses/Contact Lenses
- Personal Medication - Especially prescription drugs.
- Casual clothing and shoes. Jeans and jogging attire is recommended.
- Warm sweater in cool weather.
- Purses are not necessary on the weekend.
- Earplugs, if you are sensitive to night noises. (Snoring)
- Light Jacket or the like.

Please DO NOT BRING:

- Cell phones
- Pagers/beepers
- Watches or clocks