



## WHAT SHOULD I PACK?

There are certain things that RCMS will provide for you: books for classes, notebooks, pens, pencils, calculator, lab supplies, journals, and any other necessary classroom materials.

There are other things that you will want to bring. A list of some of these things follows. **Remember: you will only be staying for six weeks.** We would not encourage you to bring anything valuable. Not only may it be damaged or stolen, but you also have to consider the transportation of these items to and from Green Bay (this is particularly important if you are coming by bus). Two suitcases should easily contain everything you need.

Four things that you should not bring are:

1. Perishable food or beverages
2. Large and/or expensive electronic equipment
  - a. A small stereo is fine, but a television is not; computers, gaming systems and the like as described in the Student Handbook also should not be brought.
3. Amplified musical instruments (electric guitars, etc.)
4. Fireworks

Hoverboards, rollerblades, roller skates, skateboards, bicycles and any other equipment with wheels are not permitted due to liability issues.

**A LIST OF WHAT TO PACK FOR RCMS:**

**Clothing:**

- T-shirts, tank tops, shorts
- Long sleeved shirts, pants
- Hoodies / sweaters
- Swimsuit
- One dressy outfit for the banquet
  - No jeans – dress pants/khakis only
  - Collared shirts or blouses /dresses/skirts
- Jacket
- Old sneakers
  - For Hunt Hill
- Comfortable walking shoes
- Sandals that can be used in the shower

**Bedding & Items for Your Room:**

- Box fan
  - Box fans are best, but **any fan is a necessity**
- Pillow(s)
- Sheets to fit a twin XL mattress
- Blanket(s)
- Sleeping bag (for Hunt Hill)
- Towels (1 for the shower, 1 for the beach)
  - Hand towels / washcloths
- Toothbrush holder

- Cup for your room's sink
- Clothes hangers
- Alarm clock (NOT a cell phone!)
- Speaker / stereo / radio

**Toiletries, etc.:**

- Shampoo and conditioner
- Deodorant
- Soap/body wash
- Hand soap
- Toothpaste & toothbrush
- Contact lens solution/case
- Sunscreen
- Bug spray

**Other Items:**

- Laundry soap & fabric softener
  - **Note: detergent pods are not allowed in UWGB washing machines**
- Flashlight
- Camera
- Stamps and envelopes to write letters home
- Umbrella and/or raincoat
- Books, board games, cards, art supplies, musical instruments, sports equipment, etc. (non-electronic things to keep you occupied 😊)

### END OF SUMMER BANQUET:

As listed above, you should bring one set of dress clothes. **On Friday, August 9th, we will have a banquet in honor of the participants. All parents and family members will receive a formal invitation.** The banquet will be held in the evening on campus, and members of the university administration will be attending. It will be important for you to look nice that evening, since this will be a rather formal event. Young men are encouraged to wear dress pants and a tie; young women a dress or skirt (please note that young women *are not* required to wear a dress or skirt; dress pants and a nice shirt will do just fine).

### WARM CLOTHES/WEATHER:

- Also keep in mind that **you will need to pack a few articles of warm clothing**. If you have not been to Green Bay before, the weather can change every 2-3 days. Even though on Monday it may be 90 degrees and humid, by Wednesday or Thursday the high temperature may only be 65 degrees and the low temperature 40 degrees.
- *You may want to discuss with your roommate who can bring a fan, as the individual dorm rooms do not have air conditioning.*
  - *You may want to contact your roommate before coming as to what each of you is going to bring.*
- Green Bay is usually warm (80-90 degrees) and humid during late June and July, but it can turn cool for a few days.
  - You will need warmer clothes for the week at Hunt Hill, located in northwestern Wisconsin. This camp is in the woods, and it can get cool in the evenings. A sweatshirt and long pants will be appropriate.
  - Also, remember to bring rainwear because many of the activities, like the canoe trip, are outside. Some work with the staff may require you to walk in a shallow stream, so please bring an old pair of shoes/sneakers.
    - *Flip flops or sandals that are not firmly attached to your feet are not appropriate for such work as they too easily come off and do not protect feet in the water; water shoes, aqua socks, or an old/cheap pair of shoes is suggested.*
  - More information about Hunt Hill follows, including a list of things to bring for that week.

*All medication, prescription and over the counter, that you need to bring will be turned in to program staff and dispensed at the proper times. Please bring an adequate supply for the six-week period. Bring a copy of your health insurance card if you have one.*