

CHECKLIST: What to Bring to the Institute

While this list is not exhaustive, and specific items differ between Institutes, please refer to this as many of the items have been suggested by HERS Alumnae.

Clothing

- Casual clothing for sessions, layers
- Business casual clothing (opening/closing programs, group photo)
- Jacket and/or sweater
- Bathrobe, pajamas
- Slippers, shower shoes
- Clothes hangers (Summer Institutes)
- Comfortable/athletic shoes

Bedding

- Mattress pad (Summer Institutes)
- Extra pillows (One is provided – Summer Institutes)

Toiletries

- Personal soap, shampoo/conditioner
- Toothpaste, toothbrush, plastic cup
- Small appliances – hairdryer, etc.
- Sunscreen, lotion, bug repellent
- Eyeglasses, contacts, etc.
- Extra towel if desired (Summer Institutes)
- Washcloth (Summer Institutes)

Laundry

- Detergent if necessary (Summer Institutes)
- Quarters for laundry (Wellesley & Denver Institute)

Technology

- Cell phone charger
- Laptop & tablet charger
- Extra batteries if necessary

Miscellaneous

- Institute assignment materials – books, printouts, etc.
- Itinerary and other travel documents
- Any necessary medications
- Emergency contact list
- Alarm clock (Summer Institutes)
- Tote bag
- Notebook, pens/pencils
- Business cards
- Water bottle
- Camera
- Books for pleasure reading
- Small amount of cash
- Recreational equipment (yoga mats, etc.)
- Musical instruments if desired
- Sunglasses
- Earplugs if necessary
- Flashlight
- Small tool kit
- Supplemental snacks if desired