

HERS

HIGHER EDUCATION RESOURCE SERVICES

CHECKLIST: Packing for the HERS Institute

Although not exhaustive and some items differ between Institute locations, here's a general reference packing list, some of which were suggested by HERS Alumnae. In Wellesley, we stay in a hotel and move between the hotel and Wellesley campus; in Denver we live in a Residence Hall suites with 4 individual bedrooms sharing kitchen and bathroom common areas; in Bryn Mawr we live in a Dorm with individual bedrooms and a shared bathroom and galley 'kitchen' (fridge + microwave) on each hall.

Clothing

- Casual clothing for sessions
- Business casual clothing (for opening and closing receptions and class photo)
- Jacket and/or sweaters for AC rooms
- Bathrobe, pajamas
- Slippers, shower shoes
- Clothes hangers (Denver)
- Comfortable shoes for walking to sessions
- Sunglasses

Toiletries

- Personal soap, shampoo/conditioner
- Toothpaste, toothbrush
- Small appliances – hairdryer, etc.
- Sunscreen¹, lotion, bug repellent²
- Eyeglasses, contacts, etc.
- Rx and medications
- Extra towel/washcloth if desired (Summer Institutes)
- Laundry detergent (Summer Institutes)
- Quarters for laundry (Denver Institute only)

Technology

- Cellphone, laptop and/or tablet³
- Device chargers
- Extra batteries if necessary

Miscellaneous

- Institute assignment materials –copies, reference materials, etc.
- Itinerary and other travel documents
- Notebook, pens/pencils
- Cash, credit cards, etc. (Bryn Mawr city parking often requires quarters)
- Emergency contact list
- Alarm clock
- Earplugs if necessary
- Water bottle
- Camera
- Umbrella!
- Microwave-able mug and tea or instant coffee
- Self-care items as needed: Yoga mat, running shoes, leisure reading, musical instruments, etc.
- Favorite snacks if desired
- Business cards
- SWAG SWAP item assoc'd with your Institution (max \$25/ value; t-shirts not ideal because of sizing. Pro-tip: alumni or marketing offices may have items to send with you!]

Bedding (Summer Institutes)

- Fitted twin XL sheet (provided, just not luxurious)
- Mattress pad recommended (Denver Institute)⁴
- Extra pillow (One is provided)

¹ You may notice increased sensitivity in Denver

² You may notice more bugs in Bryn Mawr than Denver

³ You will have Wi-Fi access for at least 1 device

⁴ May want to buy online and mail to yourself