



# GIRLS PACKING LIST

*Put your name or initials with permanent marker on clothes or items that you hold near and dear.*

## **TRAVELING CLOTHES:**

- 1-2 pair of khaki pants, capris, or LONG shorts (travel both ways in these) – **4-finger length, not tight**
- Wear your DR team shirt. We'll launder these before the trip home.
- Sneakers – No sandals or flip-flops in the airport. We may have to run!
- You may carry a bookbag and pillow.
- You may wear a ZIP hoodie. (We need to see your team shirt.)

## **EVERYDAY CLOTHES:**

- Comfortable tennis shoes with tread – 2 pair are a good idea
- Cotton, lightweight socks – 1-2 pair per day
- 3-6 pair shorts (LONG shorts or basketball shorts – alternates will be supplied)
- 6-12 Lightweight tee shirts or other short sleeve shirts
- Nothing tight, sleeveless, low cut, no cap sleeves
- White or light-colored tops **MUST** be layered with another tee or beater/tank top.
- 3-6 bras and 6- 12 pairs of underwear
- Sleepwear – sports bra and underwear/boxers, or any lightweight pjs
- Flip-flops for around compound
- Supplies for period (including meds), even if you think you won't start
- Items for hair – hair ties, bandanas, etc.
- Work gloves – optional but suggested

## **DRESS CLOTHES:**

- 2-4 skirts – knee-length or longer, full skirts – We'll be climbing in and out of cattle trucks.
- Dresses with sleeves (not cap), neck scoop no lower than collar bone, wide/long bottom
- 2-4 tops – polo style, cotton button top, "summer top" with short sleeves
- **NO SLEEVELESS. NO CLEAVAGE. NOTHING LOW CUT. NOT TIGHT.**
- 1-2 lightweight shorts or sophies to wear under skirts. This is mandatory.
- **FLAT** or very low-heeled sandals or casual shoes to wear with skirts. No tennis shoes with skirts.

## **PACKING TIPS:**

- Pack everything in 2-gallon Ziploc plastic bags. Some items will fit in 1-gallon size. Our duffle bags are **NOT** waterproof and may get wet during travel.
- If possible, purchase toiletries without scent.
- **IMPORTANT:** Pack your basic toiletries, personal meds, contacts, money, etc. in your carry-on.

## **WHAT NOT TO BRING:**

- CELL PHONE
- Anything tight fitting, too short, or inappropriate – as mentioned above.
- Any food. May bring gum.
- Any jewelry (plain, stud earrings are fine to wear)
- Any make-up, perfume, or hairspray – **NO MAKEUP ON TRAVEL DAY.**
- Any books, magazines, electronics