**Shadow Day Packing List**

**Physical Fitness**

Athletic apparel easy to move in. Dress in layers.

Athletic shoes

**Class Clothing:**

Jeans, sweatshirts,

Comfortable shoes to walk around campus.

Dress in layers for weather

**Additional Items:**

Linens/Blankets or Sleeping Bag and Pillow

Toiletries (toothbrush, toothpaste, soap, towel and shower shoes (flip flops)

Backpack

Notebook

Pen/pencil

Cash for spending money or for extra food

ID Card