

## Suggested Packing List

- Bed linens – sheets (single/twin size), blankets or sleeping bag, pillow cases
- Pillow
- Bath Towels
- Toiletries – shampoo, deodorant, toothbrush, toothpaste, personal care products
- Hair dryer
- Clothing
  - Casual, comfortable clothing – shirts, shorts, jeans/long pants, etc.
  - Nice dress attire for Sunday
    - Ladies – skirts, dresses or dress pants
    - Men – dress pants and shirt
- Jacket, sweatshirt or other long sleeve shirts
- Good walking shoes
- Umbrella and/or rain coat
- Alarm clock
- Small fan (optional)
- Small amount of spending money (optional – for HOBY merchandise and other items available during the weekend)
- Water bottle
- Prescription Medication – **\*see notes below\***
- OTC medication as needed
- Directions to Bismarck State College - Lidstrom Hall
- Any completed pre-seminar forms that were not previously returned to us by mail

### Prescription Medication:

- If applicable, be sure to bring any prescription medication. Please bring only as much medication as will reasonably be needed during the HOBY event (3 days). Medication must be in its **original** container as labeled by the pharmacy. A Medication Verification Form for Physicians must be on file for all prescription medications. Please refer to the Policy for Use of Medication During a HOBY Event included in the pre-seminar materials for more information.

### Check In:

- Check in will start at 8:15 a.m. on June 19 and last until 9:00 a.m. Please make every effort to arrive during that time frame. Check in and room assignments will be handled at Lidstrom Hall.

### Questions:

- Please contact at Kelly Wald at 701-321-1730 or [kellyjwald@gmail.com](mailto:kellyjwald@gmail.com) with any questions.