# SUGGESTED PACKING LIST

## Academy of Civic Life Summer Residency

### MEDICAL
- [ ] Prescription medicines and descriptions and procedures for each prescription
- [ ] Asthma pump
- [ ] Prescription glasses/contact lenses, case, and contact solution
- [ ] Suntan lotion
- [ ] Bug repellent
- [ ] Medical insurance card
- [ ] Emergency contacts
- [ ] First Aid kit

### CLOTHING

*Your space will be limited, so only bring what you think you will wear. You can always bring more back to school after your first trip home.*

- [ ] Shoes
- [ ] Flip flops (for shared dorm showers)
- [ ] Stain remover stick

### TOILETRIES

*Linens will be provided, including a fitted sheet, flat sheet, blanket, pillow, pillow case, and towels (small, medium, and large).*

- [ ] Bathrobe
- [ ] Washcloths
- [ ] Shower shoes (Community Showers)
- [ ] Shower bucket/basket/caddy to carry items to and from the dorm showers
- [ ] Shower gel or bath soap
- [ ] Shampoo and conditioner
- [ ] Deodorant
- [ ] Hair grooming tools (combs, hair dryer, brush)
- [ ] Toothbrush and toothpaste
- [ ] Lotion
- [ ] Shower Cap
- [ ] Cosmetics
- [ ] Travel soap container
- [ ] Dental floss
- [ ] Eye drops
- [ ] Mouthwash
- [ ] Loofah
- [ ] Shaving kit

### TECHNOLOGY AND ELECTRICS

- [ ] Computer or Tablet and any necessary supplies/accessories.
- [ ] Headphones
- [ ] Surge Protector
- [ ] Phone and any necessary supplies/accessories
SCHOOL SUPPLIES

☐ A backpack or book bag
☐ Pens, pencils, and highlighters
☐ Notebook
☐ Folder
☐ Calendar or planner
☐ Extra paper
☐ Paperclips
☐ Sticky notes

MISCELLANEOUS ITEMS

☐ Tissues
☐ Paper towels
☐ Fan
☐ Travel mug/thermos
☐ Water bottle
☐ Snacks
☐ Umbrella
☐ Sunglasses
☐ Flashlight
☐ Ziplock bags

BANNED ITEMS

Students who bring any of the following items will be in violation of Stony Brook University Terms of Occupancy and will risk expulsion from the program.

- Alcoholic beverages or other illegal substances;
- E-Cigarettes / Vapes / Tobacco / Marijuana
- Firearms, weapons, or explosives (including firecrackers);
- Candles
- Chemicals/combustibles
- "Cut to fit" Decorative string lights
- Appliances not approved to your building and area (microwaves, toasters, rice cookers, hot plates, grills, crock pots, pressure cookers, air fryers, etc.)*
- Non-Surge Protected Extension Cords, Outlet Splitters & Adapters
- Devices that could potentially degrade Stony Brook’s wireless services such as personal routers (wireless and wired), proxy servers, gateways, compromised/infected personal devices, and Dynamic Host Configuration Protocol (DHCP) appliances
- Bed Raisers and non-University bed frames, lofts, or lofted bed
- Foam / Gel Mattress Toppers
- Air Conditioning Units & Space Heaters
- Coffee Makers & Water Boilers with warming plates
- Hoverboards, Electric Skateboard, Electric Scooters, & other Electric or Motorized Transportation Devices
- Plug-in Air Fresheners
- Lamps that do not use compact fluorescent bulbs (CFL) or light-emitting diode (LED) bulbs and lamps that have non-USB power outlets built in
- Pets / Animals
- Irons without auto shut off
- Non-Approved Personal Furniture (furniture that does not meet California Technical Bulletin 117 (CAL 117) standards)
- Wall Decorations that cover more than 10% of the wall space