

WHAT TO BRING TO TECH TREK 2024

General Notes:

- Bring enough clothes for at least six days.
- **DO NOT** bring jewelry or items that are expensive or sentimental
- **No laptops or tablets.**
- Label all items with first and last names.
- Contact techtrekfamilies@uah.edu if camper cannot bring one or more of these items to camp

Attire suggestions:

- ___ bottoms (modest shorts, capri pants, leggings, pants, etc)
- ___ tops (T-shirts, modest tank tops, sweatshirts, etc)
- ___ dressy outfit (needed for Professional Women's Night – church attire is fine)
- ___ athletic shoes for walking (Flip flops are allowed in residence hall only)
- ___ sandals, sturdy and secured to foot
- ___ underwear
- ___ sleep wear/slippers
- ___ hat or cap

Toiletries:

- ___ comb/brush
- ___ body wash/shampoo/conditioner/hair products
- ___ toothbrush/toothpaste/floss
- ___ personal hygiene items
- ___ sunscreen (VERY IMPORTANT)

**we will have small amounts of shampoo, soap, toothpaste, period products, etc.

Linens:

- ___ bed linens, pillows, blankets or sleeping bag—Beds are Twin XL size
- ___ bath towel, hand towel, washcloth

Other Items:

- ___ alarm clock (*VERY IMPORTANT – remember campers won't have their phones!*)
- ___ watch
- ___ small flashlight or desk light (*bedrooms have overhead light only*)
- ___ pens/pencils/paper
- ___ umbrella or rain poncho
- ___ backpack
- ___ water bottle (refill stations available!)

OPTIONAL ITEMS

- ___ \$10 or less for spending money
- ___ games/books for free time
- ___ stuffed animals or other comfort items
- ___ snacks and drinks (*there is a refrigerator and microwave in each suite*)

Medications:

We ask that all medications including over-the-counter medications be administered by the Tech Trek health aide. Please bring all medications in their original bottles with clear dosage and schedule instructions.

ITEMS PROVIDED BY TECH TREK AND UAH

- ___ all meals and snacks –
- ___ notebooks/paper and camp journal
- ___ lanyard for room key/dining card
- ___ Tech Trek T-shirt
- ___ classroom materials
- ___ an unforgettable experience!