

## What to Pack: HERS Leadership Institute

*Although not exhaustive and some items differ between Institute locations, here's a general reference packing list, some of which were suggested by HERS Alumnae.*

### Clothing

- Casual clothing for sessions
- Business casual clothing and shoes for opening and closing receptions and class photo
- Jackets and/or sweaters for layering
- Bathrobe
- Shower shoes
- Pajamas
- Slippers
- Comfortable shoes for walking to sessions
- Clothes hangers (Summer Institutes)
- Sunglasses

### Toiletries

- Personal soap, shampoo conditioner
- Toothpaste, toothbrush
- Small appliances – hairdryer, etc.
- Sunscreen
- Eyeglasses, contacts, etc.
- Rx and medications
- Extra towel/washcloth if desired (Summer Institutes)

### Technology

- Cellphone and laptop (or a tablet with Zoom capabilities)
- Device chargers
- Power strip, extension cords
- White noise machine (or download white noise apps on your smartphone)

### Miscellaneous

- Plate, bowl, mug/glass, pot, pan, and/or utensils\* (at our summer offerings, there is access to a full kitchen but there are no kitchen/cooking supplies)
- Itinerary and other travel documents
- Notebook, pens/pencils
- Portable fan
- Earplugs
- Umbrella
- Water bottle
- Microwave-able mug
- Tea and/or instant coffee
- Favorite snacks
- Self-care items: Yoga mat, running shoes, leisure reading, musical instruments, diffuser, etc.
- Creature comforts for your room: Throw pillows, string lights, plants
- Business cards

### Bedding (Summer Institutes)

- Blanket
- Fitted twin XL sheet (the linen package will include two flat sheets – no fitted sheet)