**Checklist: Packing for the HERS 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**

* Clothes Hangers
* Casual clothing for sessions
* Business casual clothing for opening and closing receptions, class photo, headshot
* Jackets and/or sweaters for layering
* Bathrobe
* Shower shoes
* Pajamas
* Slippers
* Comfortable shoes for walking to sessions
* Shoes for opening and closing receptions
* Sunglasses

**Toiletries**

* Personal soap
* Shampoo, conditioner
* Toothpaste, toothbrush
* Small appliances – hairdryer, etc.
* Sunscreen
* Eyeglasses, contacts, etc.
* Rx and medications
* Extra towel/washcloth

**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**

* Reusable/to-go coffee mug
* Itinerary and other travel documents
* Notebook, pens/pencils
* Small portable fan
* Earplugs
* Umbrella
* Reusable water bottle
* Microwave-safe mug
* Tea and/or instant coffee
* Favorite snacks
* Self-care items as needed: Yoga mat, running shoes, leisure reading, etc.
* Creature comforts for your room: Throw pillows, string lights, plants
* Business cards
* Laundry detergent and fabric softener

**Bedding**

* If you did not purchase a linen package and you plan to bring your own sheets, please note the mattresses are Twin XL
* Extra blanket (optional)
* Egg-crate foam mattress topper (optional)