

Suggested Packing List

- Bed linens – sheets (full size)
- Blankets or sleeping bag
- Pillow and pillow case(s)
- Bath Towels Toiletries
 - Shampoo
 - Deodorant
 - Toothbrush/toothpaste
 - Personal care products
 - Hair dryer
 - Clothing
 - Casual, comfortable clothing – shirts, shorts, jeans/long pants, etc.
 - Business casual attire for Sunday
 - Examples: skirts, dresses, dress pants, button-down and/or polo shirts
 - Jacket, sweatshirt or other long sleeve shirts (for indoor use)
 - Sturdy walking shoes (anything you are comfortable wearing to walk around campus)
 - Umbrella and/or rain coat
 - Alarm clock
 - Small fan (optional)
 - Refillable water bottle
 - Prescription Medication – *see notes below*
 - OTC medication as needed
 - Any completed pre-seminar forms that were not previously returned to us by mail (applies only to late registrants)

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 (4 days). Medication must be in its original container as labeled by the pharmacy. Please complete and turn in A Medication Verification Form to the Medic on Staff at registration on May, 27th, 2022. 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 9:00am and end at 10:15am on May 27th. Please make every effort to arrive during that time frame.

Questions: Please contact the Alabama HOBY Leadership Team at questions@alabamahoby.org with any questions.