



The LeaderShape Institute Packing Guidelines

As you prepare to attend The LeaderShape Institute, we hope that you will bring the following suggested clothing and supplies. We suggest that you bring everything on this list, especially the items that are listed as necessary. Please come prepared. For your information, you will be sharing a room with other participants.

Quantities suggested are for a six to seven day trip.

NECESSARY:

- 6 pairs of comfortable casual clothes: (shorts, pants, jeans & t-shirts, short sleeve shirts)
- 6 changes of underwear
- 6 pairs of socks
- 1 pair of shoes/sneakers
- 1 casual belt
- 1 extra pair of "grungy" clothes for the Team Challenge Course
- 1 pair of close-toed shoes (sneakers) for the Team Challenge Course
- 1 professional dress outfit: (men: sport jacket & tie, women: dress, skirt/blouse, dress slacks)
- 1 pair of pajamas
- 1 sweatshirt or sweater (it can get cold at night or in the air conditioning)
- 1 light jacket
- 1 pair of sunglasses
- 1 week of prescription medication (if needed)
- 1 set of personal toilet articles: (toothbrush/paste, soap, shampoo, hair dryer, comb/brush, etc.)

OPTIONAL:

- bathrobe & slippers
- camera & film
- compact disc's or mp3 player
- snacks (some are provided)
- nominal spare cash (for personal needs)
- personal journal

DO NOT BRING:

- personal computer
- alcoholic beverages

CHECK WITH YOUR CAMPUS PROGRAM COORDINATOR ABOUT THE FOLLOWING ITEMS:

- | | |
|------------|--------|
| Bed linens | Pillow |
| Blankets | Towels |

Cell phone use is permitted, but only during free time and there may be limited reception at your site. Cigarettes will not be available for purchase. If this affects you please plan accordingly.

While LeaderShape can provide you with packing recommendations, only you know what makes you comfortable. Please plan accordingly!

Questions? Contact your Campus Program Coordinator.