



Nebraska Summer Research Program

Packing List

Keep in mind that these items are listed just to help you think about what you may need or want to bring with you. If there is something you don't think you'll need, cross it off. If there's something not listed, add it in the "other" section. Also remember that you'll be in Lincoln for 10 weeks. If you think you might use a full bottle of shampoo during that time, for example, you may want to consider buying it when you get here. We'll make a Wal-Mart run the first week if needed!

Toiletries:

- medications (including allergy meds)
- lotion
- sunscreen & bug spray
- brush/comb
- contact solution
- face wash/products
- floss/mouthwash
- hair products
- hairstyling tools
- shampoo/conditioner
- shaving supplies
- shower gel or soap
- shower tote & flip flops
- toothbrush/toothpaste
- tweezers/nail clippers/nail file
- towels

Practical:

- alarm clock
- backpack
- laptop computer/tablet/charger
- laundry basket/detergent
- cell phone charger
- blanket for bed

Comfort:

- extra pillows
- extra blankets
- photos of family/friends/pets
- TV/DVD player

Important: Don't forget...

- Photo ID
- Copy of Health Insurance Card

Clothing & Shoes:

- business casual outfit
- hiking clothes & shoes (if planning on exploring outdoors)
- tennis shoes/comfortable walking shoes
- light jacket
- lab attire (generally casual clothes, closed-toe shoes)
- dressy outfit(s)
- sleepwear
- swimwear
- undergarments
- workout clothes & shoes

Prepared:

- surge protector/power strip
- extension cord
- first aid kit
- flashlight
- sewing kit
- umbrella

Other:

- _____
- _____
- _____
- _____
- _____