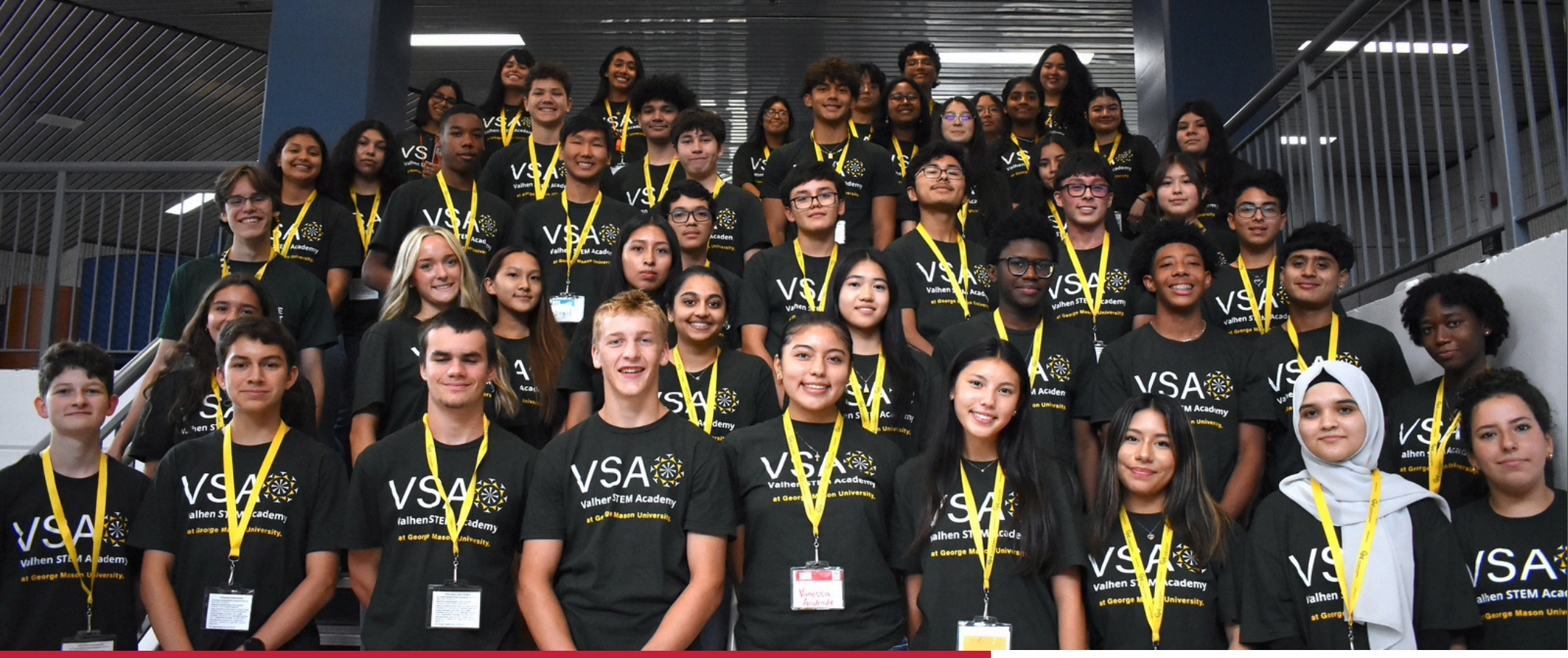
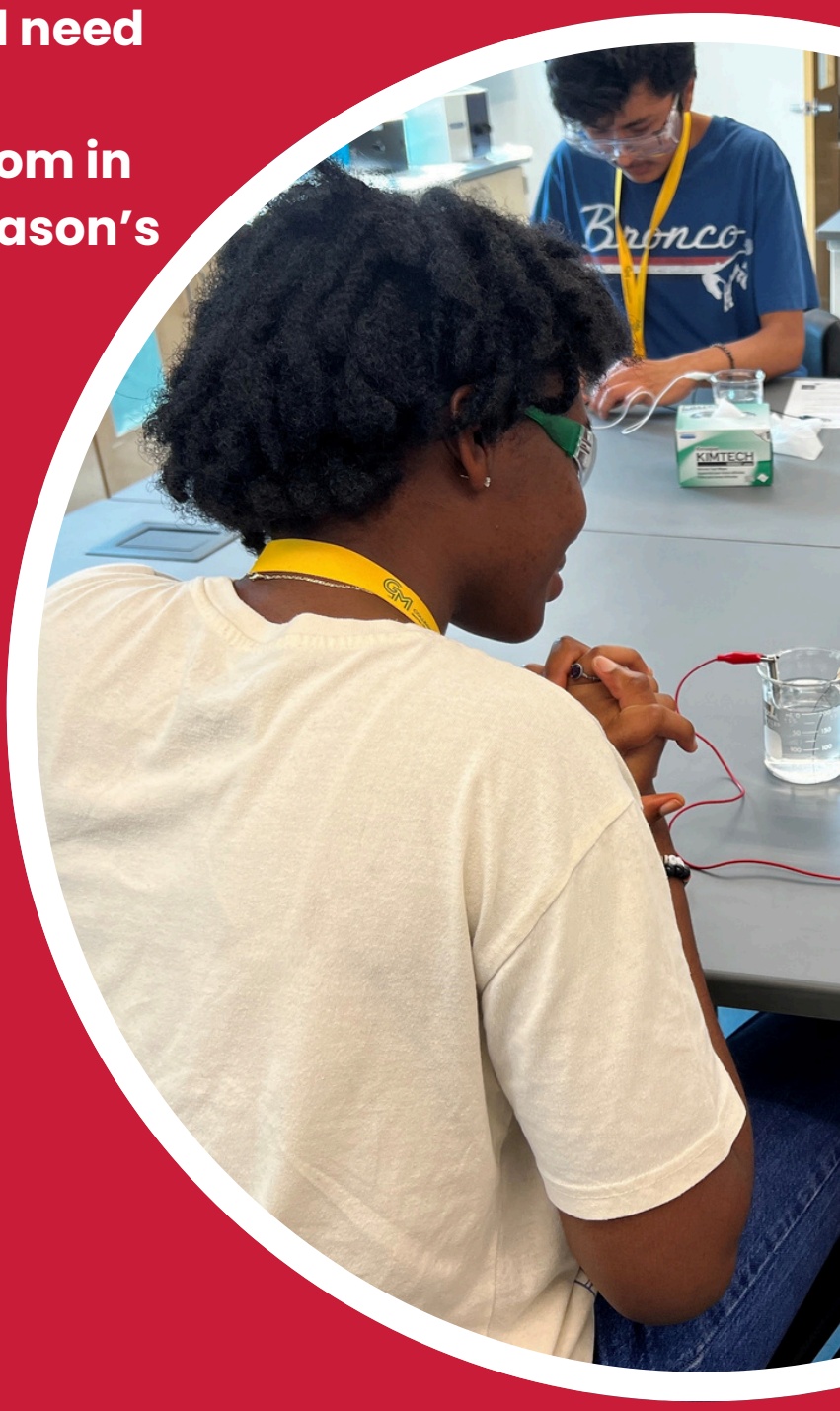


VALHEN STEM Academy Packing Guide

GEORGE MASON UNIVERSITY

- Please pack lightly and bring only what you will need for three days and two nights on campus.
- Residential participants will stay in a double room in Piedmont Hall, a suite-style residence hall in Mason's Rappahannock neighborhood.
- Please label all personal belongings with your name. Although the residence hall is secured and student rooms are locked, George Mason University, VALHEN, and the Academy team cannot be responsible for lost, stolen, or damaged personal items.
- Please leave expensive items, such as jewelry, gaming systems, and other nonessential valuables, at home.



valhen

What to Pack

- Toiletries, including a toothbrush, toothpaste, shampoo, conditioner, soap, deodorant, and other personal-care items. A shower caddy or waterproof bag may be helpful for carrying items to and from the suite bathroom.
- Any medications you need during the Academy (see the Medication Information section below).
- Sunscreen, as some activities may take place outdoors.
- Shower shoes, such as flip-flops, for the dorm bathroom.
- Enough comfortable, casual clothing for three days and two nights on campus (shorts, t-shirts, jeans, etc.).
- Comfortable, close-toed shoes (sneakers or similar) for lab sessions - sandals and flip flops should not be worn to VSA STEM sessions.
- At least one pair of long pants for the Chemistry session.
- A light jacket or hoodie.
- A raincoat and/or umbrella.
- A personal device (smartphone) or other device with an alarm clock function.
- A laptop or tablet for research activities.
- Chargers for all your electronic devices.
- A refillable water bottle.
- A backpack or other bag to carry personal items around campus.

Optional Items

- Extra snacks and drinks (for outside of scheduled meals and daily, provided snack), if desired.
- An extra blanket or quilt, as the dorms can be chilly.

Bedding and Linens

- A complimentary linen package will be provided for each residential participant. The package includes one fitted sheet, one flat sheet, one pillow and pillowcase, one bath towel, and one washcloth. These items are on loan and must be left in the residence hall when you check out.
- Students may bring their own linens and towels if preferred. Beds are Twin XL size. Please label personal bedding, towels, and other belongings to help prevent items from being left behind at the end of the program.

Food and Snacks

Students may bring snacks for their residence hall room, but all participants must follow these guidelines:

- Do not bring or eat foods containing nuts in the residence hall.
- Please bring individually packaged snacks or food items that can be completely resealed. Open, unsealed food items (an open bag of chips) are prohibited.
- Refrigerators are not available in student rooms. All food brought to the Academy must be safe to store at room temperature. Students who need in-room refrigeration for medical reasons must notify the Academy team as soon as possible.
- Students are responsible for their own food, snacks, and personal belongings.

Residence hall policies prohibit a number of items, including knives, glass containers, lighters, candles, and weapons, including prop weapons. Additional information about prohibited residence hall items is available at: https://housing.gmu.edu/what-bring

Medication Information

Students who need to bring prescription or non-prescription medication must submit the required Medication Authorization form before the Academy. With the exception of EpiPens, all medications must be stored in a secure location. Students are responsible for taking their own medication at the appropriate times unless other arrangements have been approved in advance.

When packing medication:

- **Place all medication in a large Ziploc bag clearly labeled with the student's name.**
- **Prescription medication must be in its original pharmacy-labeled container, and the label must match the student's name.**
- **Non-prescription medication must be in a sealed container labeled with the student's name.**
- **Bring enough medication for the full Academy program.**
- **Do not pack medication in unmarked containers, pill organizers, or loose bags.**

George Mason University, VALHEN, and the Academy team are not responsible for lost or stolen personal items, including participants' medication.

Residence Hall Reminder

Students must follow all VALHEN STEM Academy supervision, residence hall, and Code of Conduct expectations. Full residential safety and supervision expectations can be reviewed on the Get Ready for VALHEN STEM Academy website.

GEORGE MASON UNIVERSITY

valhen