

VALHEN Summer STEM Academy: Packing List

When packing for camp, please keep in mind:

- Bring only what you really need. You will be spending limited time in the dormitory, so do not over-pack.
- You will be placed in a double room in Taylor Hall, a suite-style dormitory in Mason's Rappahannock neighborhood. More information about Piedmont Hall is available at <https://housing.gmu.edu/housing-options/first-year-residence-halls/piedmont-hall>.
- All belongings should be labeled with your name.
- Please do not bring expensive items (jewelry, etc.). While the dorm is secured and the rooms are locked, Mason is not responsible for lost or stolen items.

SUGGESTED PACKING LIST

1. Toiletries: toothbrush, toothpaste, shampoo, conditioner, soap, deodorant, etc. It is helpful to bring a caddy or waterproof bag to carry items to the bathroom.
2. Any medicine you need (note: you will need signed permission to bring medication – see below for more information).
3. Sunscreen (some sessions may be outside).
4. Shower shoes (flip-flops) and a bathrobe (we are in a traditional dorm with shared bathrooms).
5. Comfortable clothes for three days and two nights.
6. 1 pair of long pants and closed toe shoes (tennis shoes) for lab visits.
7. A light jacket or hoodie if you get cold in air conditioning.
8. A raincoat and/or umbrella.
9. A device with an alarm clock function (phone, clock, etc.).
10. A personal device that connects to the Internet is recommended for research purposes, but is not required (laptop, iPad/Chromebook, smartphone plus necessary chargers. If you decide to bring any personal electronic devices, we strongly recommend that you plan to keep them with you all day.
11. Any snacks and drinks you would like to have outside of regular meals.
12. A backpack or other bag to carry items around campus.
13. A blanket or quilt for your bed.
14. A water bottle.

NOTE: A complimentary linen package will be provided that includes one flat sheet, one fitted sheet, one pillow and pillowcase, plus a towel and washcloth. These are on loan and should be left behind when you leave the program. If you prefer to bring your own sheets and towels, the beds are size Twin XL. Please label your items so you don't forget them at the end of the program.

FOOD ITEMS

You are permitted to bring snack items with you for your room, but you must follow these guidelines:

- For the safety of participants who have allergies, no food with nuts or traces of nuts in the ingredient list should be kept or eaten in the dorm rooms.
- Please do not bring large containers of food that cannot be fully sealed. Snack packs with multiple sealed, individual servings are requested. (AKA, small snack bags of chips are ok; a large bag of chips that cannot be resealed is not ok).
- There are no refrigerators provided in the dorm rooms. Food items should be safely stored at room temperature. If you have need of in-room refrigeration for medical reasons, please notify the academy team immediately.
- Your items are your responsibility. There is no place to secure valuables. VALHEN, George Mason University and/or the academy team are not responsible for damage, theft, or loss of any personal item.
- A full list of items prohibited from the residence halls is available at <https://housing.gmu.edu/what-bring>. No knives, glass containers, lighters, etc. No weapons, including prop weapons are permitted on the George Mason University campus.

MEDICATIONS

Students who need to bring prescription or non-prescription medications must submit a Medication Authorization. For the safety of all campers, no medications except EpiPens (prescription or over-the-counter) may be kept in the dorm rooms. All medications (excluding EpiPens) must be given to the Health Coordinator on check-in day. Participants are responsible for requesting their medications from the Health Coordinator at the appropriate days/times. When packing up medication to bring to the academy, please:

- Pack up any medications in a large Ziplock bag clearly marked with the participant's name. Prescriptions must be in their original, pharmacy-labeled containers with labels that match the participant's name. Non-prescription medication must be in a new, sealed container that is labeled with the student's name.
- Make sure you bring enough medication for the entire program.
- Medications must be picked up at check-out. Any medications left behind will be discarded.

SAFETY AND SECURITY

The safety and security of our participants is our greatest concern. Mason dormitories are well-secured. Dorm entrances are monitored 24/7 and entry doors are locked in evening and overnight hours. After check-in/move-in, no guests are permitted into the dormitories for any reason during the academy, including parents/guardians. If a parent/guardian must visit a student on campus during the program, the meeting will be arranged in a public location away from the dormitory.

Residential participants will share a room with one other student, and most of the day will be spent away from the dorms. You will constantly move to different locations on campus, with your group and STEM Academy Guides. When in the dormitory, the multipurpose rooms in the dorms are equipped with TVs, games, a kitchen area, etc. Free WIFI will be provided. Students may visit the dorm common areas during free time, but may not enter any sleeping area other than their assigned room for any reason, 24 hours a day. Students are expressly prohibited from leaving the supervised group/leaving

campus during the program, exiting the dormitory building during overnight hours, or visiting any public space in the dormitories (other than the bathroom) after evening room checks.

Students and parents must sign forms agreeing to abide by the VALHEN STEM Academy Code of Conduct. Any student who is found to violate any term of the Code of Conduct will be immediately removed from the program, and a conduct notation will be made in the university's information system that could affect your future eligibility for admission to George Mason University.