

# Gut Check Packing List

Show up Thursday, July 15 wearing the following

- athletic shorts, non baggy
- plain white t-shirt, no lettering
- white socks
- tennis shoes

Bring in a large plastic garbage bag

- 2 pair of athletic shorts, non baggy
- 2 plain white t-shirts
- 3 pair of white socks
- 3 pair of underwear
- 1 pair of extra tennis shoes
- 1 pair of nice jeans to be worn at graduation
- 1 belt (cloth or fabric belt advised)
- 1 towel
- toiletries (toothpaste, toothbrush, deodorant, etc.)
- medicine (inform Gut Check staff in advance of any and all medications)

## **DO NOT BRING ANY OF THE FOLLOWING**

Hats/bandanas

Musical devices

Knives or weapons any kind

Cigarettes or chewing tobacco

Lighters

Food/Candy/Gum

Cell phones/pagers

Jewelry/Earrings

Money/wallets

**Please be advised, clothes and shoes will get dirty. We do not recommend packing nice clothes other than the graduation jeans.**