

## CONA PACKING LIST

### FOR THE BUS

Backpack/small bag  
Phone charger  
Change of clothes  
Basic toiletries (toothbrush, deodorant, etc.)  
Prescription medications  
Blanket/pillow  
Sweatshirt  
Snacks/water bottle  
Money (food stops, etc.)

### TOILETRIES

Soap/body wash  
Shampoo  
Conditioner  
Shaving supplies  
Deodorant  
Toothbrush & paste  
Hairbrush  
Prescription & OTC medications  
Tampons/pads  
Contact case/solution/glasses

### OTHER

Bath towels (not white)  
Wash cloths  
Hair dryer/straightener/curler  
Lint brush  
Bug spray  
Sunscreen  
Cough drops/gum  
Clear nail polish (fix nylons)  
Flip flops (shower)  
Power strip  
Any necessary chargers  
Bag/backpack to carry binder, etc.  
Water bottle  
Umbrella/rain jacket  
Alarm clock  
Notebook & pens/pencils  
Camera  
Sneakers  
Warm nighttime clothes/blanket (Roundtable)  
Money  
    Meals on the bus (4 – 3 down, 1 back)  
    Ingle's (grocery store)  
    Pizza at Roundtable (\$10)  
    Biltmore trip (optional - \$20)  
    Starbucks/Eureka treats

### DAILY BREAKDOWN

Thursday – Bus  
    Casual/sleeping  
Friday – Bus/tour capitol/arrive in NC  
    Casual (appropriate for tour)  
Saturday – First day of program  
    Casual  
    Nicer clothes for dinner out  
Sunday – PSG & 1<sup>st</sup> committee  
    Delegation t-shirt  
    Khakis/dress pants (NO jeans)  
Monday – 2<sup>nd</sup> committee; group photo  
Tuesday – 3<sup>rd</sup> committee; dance; seersucker  
Wednesday – GA; recreational trips; GA PM  
Thursday – Plenary; celebration dinner; award ceremony; fire ceremony  
    Casual/sleeping clothes for bus  
Friday – Arrive home

Monday-Thursday – 4 outfits for assembly  
Girls: dress, or skirt/top, or dress pants/top  
Boys: dress shirt, tie, jacket, slacks

You may want to pack “patriotic” clothing (red/white/blue) for the 4<sup>th</sup> of July

Please plan to dress professionally – no tight-fitting or ill-fitting outfits, etc.

### CLOTHING PACKING LIST

\*You should pack for 7 days, plus some extra

4 casual outfits (bus, rec day, etc.)  
4 outfits for assembly  
Hike-appropriate clothes (if desired)  
Khakis for Sunday  
Nice outfit for celebration dinner  
  
Underwear  
Socks  
Sleepwear  
Swimsuit  
  
Flats  
Nylons  
Dress shoes  
Cardigan (A/C can get cold in assemblies)  
Belts  
Dress socks  
Dress shoes  
Ties  
White undershirts