

# WHAT SHOULD I BRING TO THE NHD NATIONAL CONTEST?

## CLOTHING (comfortable/lightweight)

- T-shirts
- Shorts (prepare for the heat!)
- Nice clothes for your interview
- Casual clothes for Monday night student dance
- Red NHD in WI shirt (Sunday)
- Gray NHD in WI shirt (Thursday)
- Comfortable walking shoes
- Hat
- Sunglasses

## HEALTH

- Sunscreen
- Refillable water bottle
- Medication

## GENERAL

- NHD in WI pins—buy ahead!
- Small backpack/sack
- Stamps/addresses—send a ‘thank you’ postcard ☺
- Spending money—for the Metro, souvenirs, etc.

## DORMS

What they provide:

- ✓ 2 bath towels
- ✓ Bed sheets
- ✓ Pillow
- ✓ Blanket

What we recommend bringing:

- Flip flops for dorm showers
- Optional: Extra blanket (if the A/C is blasting!)
- Optional: Laundry soap + quarters (machines in basement)
- Optional: Swimsuit + towel + about \$10—outdoor pool near the dorm