CRISIS lasts one week, so remember to bring enough items for the whole week. You are responsible for the security of your money and your belongings. Please do not ship items to Duke TIP in advance of your arrival. We do not have space to accept packages. You must bring all personal items with you, or plan to purchase items after you arrive.

**REQUIRED Items**

**Sheets:**
- Extra-long twin (Emory University, Eckerd College, and Southwestern University)
- Double bed (Duke University)

**Waterproof mattress cover (if needed)**

**Alarm clock**

**Pillow**

**Light blanket (it can get very cold in some residence halls)**

**Two bath towels**

**Two hand towels**

**Small bath rug**

**Soap**

**Hand soap**

**Shampoo/conditioner**

**Toothbrush and toothpaste**

**Feminine hygiene products (if applicable)**

**Other toiletry items**

**Flip-flops or shower shoes**

**Undergarments**

**Socks**

**Pajamas**

**Cool, comfortable clothes: shorts and short-sleeved shirts**

**Sweater or sweatshirt**

**Long pants**

**Comfortable clothes for recreational activities**

**Shoes that are comfortable**

**Closed-toe shoes**

**Glasses or contact lenses and solution (if applicable)**

**Sunscreen**

**Insect repellent**

**Umbrella or raincoat**

**Pens**
Pencils
Two spiral bound notebooks
Cinch-sack style bag
Reusable water bottle
Spending money for snacks and any on-campus souvenirs or supplies the student wishes to purchase from the on-campus student store ($50 maximum and small bills recommended)

Optional Items
Bathrobe
Camera with memory cards/film
Sunglasses

Do Not Bring Prohibited Items

Please see a list of prohibited items on the TIP website.

My List

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