

GSIS PARTICIPANT PACKING LIST

Essentials

- **Government-issued photo identification:** TN state ID/license, Passport, etc.
- **Debit / Credit cards or cash:** Although all meals are provided, you may wish to buy snacks, beverages, clothing, souvenirs, or other things from the campus store or vending machines.
- **Medication:** It is vital that you bring enough for the entire duration of the program. All medication must include the original, labeled prescription.
- **Eyewear:** Glasses / Contact lenses, extra pair, cleaner, etc.
- **Laptop, cell phone and their chargers.** There will be some access to computers on campus, but having a personal computer and cell phone is strongly recommended.

Clothing

- Shirts
- Pants
- Skirts, dresses, shorts
- Face Masks (optional)
- Tennis shoes
- Sport coat / blazer / tie / blouse or other western business apparel
- Shoes, including walking pair, dressy pair and shower sandals
- Socks
- Raincoat / Umbrella
- Sweaters / sweatshirts / long-sleeved t-shirt / (It gets chilly with A/C indoors)
- Swimsuit
- Athletic wear
- Underwear
- Pajamas / nightgown
- Hat / Sunglasses
- Clothes hangers

Basic Room and Bath Items

- Twin XL Sheets; pillows and pillowcases (these are not provided)
- Blanket / Comforter
- Towels (bath, hand, washcloths, pool)
- Toiletries you normally use (toothpaste, deodorant, etc.)
- Soap / Shower Gel / Shampoo
- Hairdryer
- Sunscreen
- Bug spray
- Laundry Detergent / Fabric Softener / Dryer Sheets / Laundry Basket
- Electric Fan
- Iron with auto-shutoff / steamer
- Flip-flops/shower shoes
- Small mirror
- Shower caddy (or something to take what you need to bathroom)

Study

- Flash drive
- Backpack (Students will receive a GSIS sling sack upon arrival)
- Pens, Pencils, Highlighters
- Notebooks

Other

- **Refillable water bottle (it will be hot in Memphis in June!)**
- Talent Show items: musical instrument, costume, props, etc.
- Ear buds or headphones (needed for some class exercises)
- Sewing kit
- Hand sanitizer
- Sanitizing wipes and other cleaning supplies for your room
- Clear bag (some destinations on our field trips have a clear bag policy)
- Stickers from your hometown, school, favorite sports teams, past or future travel destinations (you may have some decorating projects!)
- Sports equipment (soccer ball, tennis racket and balls, etc.)
- Any preferred snacks you like (in case they are not available on campus)
- Power strip
- Small lamp

Do Not Bring

- Candles
- Incense / potpourri
- Small kitchen appliances
- Alcohol, drugs, or associated paraphernalia
- Firearms or weapons of any kind, including pocket knives
- Martial arts equipment
- Any kind of tobacco/vape product

If you have any questions related to the packing list and/or do not feel you will be able to supply some of the items listed above, please reach out to us ([GSIS](#)).