



WHAT TO BRING

Be sure to bring the following items with you upon arrival to High Watch. Please note, we allow one suitcase per guest. Some items are available for purchase on campus. See the below list of items you should bring:

- Insurance card, prescription card, ID Card (driver's license, etc.)
- Credit, debit, or HSA card to keep on file for the pharmacy
- A list of medications you are currently taking with dosages and frequency, as well as the medications themselves. Please do not bring loose medications in pill organizers.
- Laundry detergent
- Toiletry items
- Electric razor
- Pillows and towels are provided. You may bring your own if you prefer.
- Comfortable clothes and shoes – appropriate to season

ITEMS YOU CANNOT BRING

- Alcohol or products with alcohol (Cetyl alcohol in hair conditioners is acceptable.)
- Mouthwash (Alcohol-free is o.k.)
- Perfume/colognes/aftershave
- Aerosol cans for any purpose
- Astringents
- Supplements (capsule, powder, etc.)
- Metal nail files
- Weapons or knives, including pocket knives and straight razors
- Any manual shaving equipment (electric razor only)
- Electronics.(Cameras, cell phones, Smart watches, fitness trackers, laptop computers, iPods)
- Headphones
- Exercise equipment
- Food and Beverage items of any kind – chips, nuts, chocolate, bottled water, soda, etc.(Individually wrapped hard candy is acceptable)
- Reusable water bottles or thermos cups
- Essential oils or any air freshener products
- Playing cards and gambling materials
- Rolling papers or roll-your-own machines and/or loose tobacco (Cigarettes and chewing tobacco are acceptable but must be unopened)
- Electronic cigarettes and vapes
- Musical instrument

Please note that we do not have a safe for valuables and we encourage you not to bring any unnecessary items of value. We do not take responsibility for personal items.