2025 Summer Immersion Program Residential Packing List

Learn about what we recommend students bring with them when coming to live on campus, including bed linens and clothing suggestions. Please label personal belongings with first and last names. See

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Clothing

*Our dress code is casual, but clothing should be **appropriate** and prepare students for both chilly, air-conditioned classrooms and the sweltering North Carolina summers. Bring layers and consider bringing an umbrella and rain boots in case of rain.*

*Students are allowed to wear athletic attire during free time. **Please refer to [Institute Specific Items](#) below for full dress code guidelines.** For example, some institutes will require a business casual outfit during presentations and field trips, and other institutes have specific dress code requirements for all five days of programming.*

What to Bring:

- Attire for **five** days of academic programming
  - Pants, shorts (*shorts <u>must</u> be an appropriate length, fully covering the buttocks with at least a three-inch inseam*)
  - Shirts (*<u>must</u> be an appropriate length, reaching the waistband of your pants/shorts with no exposure of midriff*)
  - Socks
  - Undergarments
  - Sweatshirt
  - A light jacket and/or rain jacket
  - Pajamas
- Outdoor attire appropriate for evening activities/playing sports, etc.
  - Athletic attire
  - Tennis shoes
- Shoes
  - Comfortable walking shoes
  - Close-toed shoes
  - Shower sandals
- One business casual outfit (if required for your Institute)
  - This may include a collared shirt or blouse, pants or skirts, and close-toed shoes
  - Dresses and skirts must not be shorter than 4 inches above the knee

Linens

Mattresses are "twin, extra-long" (36 by 80 inches, about 6 inches thick). Extra-long fitted sheets or twin flat sheets will accommodate the mattress, but regular twin fitted sheets often will not fit. You may also wish to bring a mattress cover or pad.

What to Bring:

- Set of extra-long, fitted twin sheets
- Blanket
- Bedspread/comforter or sleeping bag
- Pillow and pillowcase

- Towels and/or bathrobe
- Washcloth
- Mattress cover/pad

Toiletries

Students will share a bathroom with the other students in their hall or suite. It will be helpful to have a bag/basket or caddy to carry needed items to the shower.

What to Bring:

- Shampoo and/or conditioner
- Soap and/or body wash
- Hand soap
- Hand sanitizer
- Deodorant
- Facewash
- Toothbrush
- Toothpaste
- Dental floss
- Facial tissues
- Sunblock
- Bug repellant

Miscellaneous

*Many of the items on this list are **optional** and merely suggestions for what to bring to Wake Forest this summer.*

- Alarm clock
- Backpack
- Basic school supplies
  - Pens/Pencils
  - Notebook
- Camera
- Cell phone and charger
- Extension cord/power strip
- Cleaning supplies (i.e. Clorox wipes)
- Clothes hangers (we do not provide these)
- Entertainment
  - Books
  - Games
  - Sports equipment
- Hand soap and hand towel for sink in dorm room
- Laptop/laptop charger
- Laundry detergent (students will have free access to the laundry facility in their residence halls)
- Fan

- Hairdryer
- Medication
  - Both prescription and over the counter, if needed, such as Ibuprofen, Tylenol, etc.
- Money for purchases of snacks, campus bookstore items, or other personal spending
- Paper towels
- Portable speaker
- Reusable water bottle
- Snacks and/or drinks for dorm room
  - Each room has one MicroFridge
- Trashcan and/or trash bags for dorm room (dorm room do not have their own trash cans)
- Umbrella and/or rain gear

What NOT To Bring

*The following items are **strictly prohibited** from being brought to campus this summer.*

- Alcohol, drugs, and tobacco/vaping products
- Microwaves/heating elements
- Portable air conditioners/heaters
- Televisions
- Video game devices for television hookup
- Weapons

Institute Specific Items

Artificial Intelligence Institute:

- Laptop*
  - A laptop or Chromebook, not a tablet
  - Will need a keyboard and a mouse
- Notebook
- Pens/pencils
- Two business casual outfits (see our guide)

Biology Research Institute:

- **Clothing**
  *Students will need to wear long pants and close-toed shoes on Monday - Thursday.
  - Comfortable closed-toed shoes for wearing both in lab and outside on pavement and grass
  - Shoes that can get a bit muddy or wet (rain boots, water shoes, etc.)
  - Changes of socks, in case your feet get wet
  - Shirts that cover your shoulders (for lab safety and sunburn protection)

- - Long, lightweight pants for wearing both in lab and outside
    - A rain jacket
    - A hat and/or sunglasses
  - Personal Items
    - Sunscreen
    - Bug spray
    - Refillable water bottle
    - Hair ties/scrunchies, if you have long hair
  - Professional Items
    - Laptop*
    - Notebook
    - Pens/pencils
    - A folder for handouts
    - A small backpack or drawstring bag to carry supplies

Business Institute:

- Laptop*
- One business casual outfit ([see our guide](#))

Coding + Computer Science Institute:

- Laptop*
  - MacOS or Windows Only (Chromebooks and iPads are unable to run IntelliJ and IDLE, the programming software we will be using)
- Close-toed shoes

Debate and Public Advocacy Institute:

- Laptop*
- Notebook
- Pens/pencils
- One business casual outfit ([see our guide](#))

Engineering Institute:

- Laptop*
  - MacOS or Windows only (Chromebooks and iPads are unable to run some of the programs we will be using for our engineering projects and activities)
- Lab attire ([see our guide](#))
  - Three pairs of long pants
  - Shirts that <u>fully</u> cover the midriff
  - Hair ties (if necessary, to tie back long hair)
  - Close-toed shoes

Entrepreneurship Institute:

- Laptop*
- One business casual outfit ([see our guide](#))

Filmmaking Institute:

- Laptop*
    - MacOS or Windows only (Chromebooks and iPads are unable to run Adobe Premiere Pro, the video editing software that we will be using)
- Smartphone with camera capabilities
- DSLR Camera (optional - if available)

Finance and Investing Institute:

- Laptop*
- Two business casual outfits ([see our guide](#))

Health and Exercise Science Institute:

- Laptop*
- Notebook
- Pens/pencils
- Athletic clothing
- Tennis shoes/sneakers

Law Institute:

- Laptop*
- Notebook and pen/pencil
- Photo ID (Driver's permit/license, Passport)
- <u>Three</u> business casual outfits ([see our guide](#)) - students will be required to wear business casual for all field trips.

Leadership Institute:

- Laptop* (for our capstone project; not required for daily use)
- Pen/Notebook
- Draft of your resumé (digital - you will not need a paper copy)
    - If you do not have a professional resumé, please prepare one using [this template](#).
- One business casual outfit ([see our guide](#))
- One athletic wear outfit (for our ropes course field trip)
- One pair of close-toed shoes (for our ropes course field trip and our afternoon of service at the food bank)

Medicine Institute:

- Hospital attire ([see our guide](#))
    - Multiple pairs of pants or shorts that go at least to mid-thigh
    - Close-toed shoes
    - Business casual attire when students are patient-facing in the hospital (one outfit)
- Notebook and pen/pencil

Neuroscience Institute:

- Laptop*

- Lab attire ([see our guide](#))
  - Multiple pairs of pants or shorts that at least go to mid-thigh
  - Shirts with sleeves (No tank tops)
  - Close-toed shoes

Policy and Politics Institute:

- Laptop*
- Notebook
- Pens/Pencils
- Two business casual outfits ([see our guide](#))

Psychology Institute:

- Laptop*
- Lab attire ([see our guide](#))
  - Multiple pairs of pants
  - Close-toed shoes

Screenwriting Institute:

- Laptop*
  - MacOS or Windows only (Chromebooks and iPads are not recommended)

Sports Business Institute:

- Notebook
- Pens/pencils
- One business casual outfit ([see our guide](#))
- One favorite team jersey/shirt

Sports Marketing Institute:

- Laptop*
- One business casual outfit ([see our guide](#))
- One favorite team jersey/shirt

Sports Medicine Institute:

- Hospital attire ([see our guide](#))
  - Multiple pairs of pants or shorts that at least go to mid-thigh
  - Close-toed shoes
- Notebook and pen/pencil

Technology Institute:

- Laptop*
- A pair of jeans/sturdy pants and closed toed shoes (to wear on some of our field trips)

Women's Health Institute:

- Hospital attire ([see our guide](#))

- ○ Multiple pairs of pants or shorts that at least go to mid-thigh
  - ○ Comfortable close-toed shoes
- Notebook and pen/pencil

Writing For Life Institute:

- Laptop*
- Notebook
- Writing utensils

*If you do not have access to a laptop, we can provide a loaner laptop for the week for a \$25 fee. If you need a loaner laptop, please email summerimmersion@wfu.edu with your request. Requests are not guaranteed, as we only have a limited number of loaner laptops available.