



Semester Zero Scholar Packing List



Luggage

Each scholar may bring:

One checked bag

- Up to 50 pounds (If your bag weighs more than 50 pounds, you will need to pay the airline a \$100 heavy bag fee. College Track will not pay this fee.)
- Up to 62 inches in size (length + width + height)

Note: If you choose to check a bag, you may want to bring an extra set of essential items in your carryon (essential toiletries, change of clothes, medication, etc.), just in case your checked bag is delayed.

One carry-on bag

- Goes in overhead bin
- Size limits: 24" (L) + 16" (W) + 10" (H)
- Examples: roller bag, small suitcase, duffel bag

One carry-on personal item

- Goes under your seat
- Examples: purse (including crossbody bags), laptop computer case, backpack, pillow (neck pillows do not count toward the carry-on limit), blanket, small camera

Provided

- NAU will provide a pillow and pillowcase, 2 flat sheets, a blanket, a bath towel, and a washcloth
- Bathrooms will be stocked with hand soap, paper towels, and toilet paper
- Rooms contain a lofted bed, dresser, wardrobe, desk, chair, and shelf for each resident
- Rooms contain a small refrigerator, sink, and mirror for roommates to share
- Internet connectivity



Essential

Clothing and shoes for the week.

Note: See the chart at the bottom of the packing list for suggested/required attire based on the week's activities.

Sun protection: sunglasses, hat, sunscreen, etc.

Refillable water bottle

Toiletries/personal hygiene items (ex: toothbrush, toothpaste, shampoo, soap, hair products/styling tools, deodorant, lotion, chapstick, sunscreen, menstrual products, etc.)

Shower shoes/flip flops for use in communal bathrooms

Backpack or school-type bag

Notebook

If you have these items, you should bring them with you:

Cell phone and charger

Headphones to use with your electronic device(s)

Prescriptions/medications

- Prescription medication must be in a container labeled by the pharmacist or prescriber.
- Non-prescription medication must be in the original container with the label intact.
- Scholar must have a Medical Authorization Form signed by their parent/guardian and on file with their site's lead chaperone.

Important documents: photo ID, medical insurance card

Optional

A favorite pillow, blanket, or other cozy item to make your bed feel like home.

Sleeping mask and earplugs

Hangers if you wish to hang any clothing items.

Bathrobe. Showers are located in communal bathrooms on each hall.

Something to do on your flight in your free time, such as a journal, book, or tablet.

Snacks. Meals are all you care to eat in the dining hall, but you may want something extra for travel days and outside of meal times.



Do NOT Bring

Large electronic devices or appliances

Room/wall decor (small, easily removable items like photos in frames are ok)

Anything that cannot fit in your luggage (see guidelines above)

Weapons or firearms, real or imitation, including handguns, rifles, Nerf/water/paint ball guns, knives or large blades, tasers, or any other item that could be perceived as a weapon or firearm

Tobacco, alcohol, or other drugs. This includes vape pens.

Anything with an open heating element or flame, including candles and incense

Pets/animals

Anything on the TSA prohibited items list

Day	Key Activities	Suggested/Required Attire	Things to Keep in Mind
Sun 7/21	Travel Day	<ul style="list-style-type: none"> • CT t-shirt (required) • Comfortable layers 	It's helpful to have layers easily accessible in your backpack for chilly airports and buses!
Mon 7/22	Convocation	<ul style="list-style-type: none"> • NAU t-shirt (required) • Comfortable walking shoes 	You will receive your NAU t-shirt when you arrive at NAU.
Tues 7/23 - Thur 7/25	Workshops	<ul style="list-style-type: none"> • "Scholarly comfort" 	You will want to be comfortable and prepared for a range of temperatures. Remember that you are representing College Track in public and dress accordingly.
Fri 7/26	End of Program Activities	<ul style="list-style-type: none"> • Semester Zero t-shirt (required) 	You will receive your Semester Zero t-shirt when you arrive at NAU.
Sat 7/27	Travel Day	<ul style="list-style-type: none"> • CT t-shirt (required) • Comfortable layers 	It's helpful to have layers easily accessible in your backpack for chilly airports and buses!



Other clothing suggestions:

1-2 outfits per day: One everyday outfit and a wind-down outfit like gym clothes or loungewear. Remember to include socks and underwear!

Make sure to bring comfortable walking shoes; there will be a lot of walking between buildings on the NAU campus. Flagstaff can get chilly at night! Bring a **light jacket or sweater** for evenings and mornings.

Pajamas for 6 nights

Gym clothes and shoes if you plan on working out or participating in evening activities at the Rec Center

There are free laundry facilities in the residence halls if you need to wash clothing mid-week.

Check the weather for Flagstaff, AZ when packing.

