



SOAR 2024

What to Bring

Clothing for Two Days

- Clothing you can be active in – t-shirts, shorts, etc.
- Undergarments and pajamas
- Comfortable walking shoes and socks
- Optional: Hats, jackets, sunglasses etc.

Bedding

- Sheets and/or a sleeping bag (beds are twin XL)
- Pillows, pillowcases, and blankets
- Towel(s)

Toiletries

- Toothbrush and toothpaste
- Soap
- Deodorant
- Shampoo and/or conditioner
- Other hygiene items as needed

Misc. Items

- Journal and pen (or something to take notes with)
- Refillable water bottle
- Sunscreen
- Bug spray
- Any medications