



## Suggested Packing List for HOBY Oklahoma 2021

### - Bedding:

- Ambassadors will need to provide their own bedding supplies (pillows, sheets, blanket, sleeping bag, etc.)
- The beds are twin size beds.

### - Bath and Hand Towels

### - Toiletries:

- shampoo, soap, deodorant, toothbrush, toothpaste, personal care/hygiene products
- any eye care products, grooming supplies

### - Hair dryer

### - Shower shoes

### - Clothing for 4 days:

- Casual, comfortable clothing - shirts, shorts, jeans/long pants, etc. (must be in accordance with a typical school dress code)
- A seminar t-shirt will be provided at check-in to be worn for one day of seminar
- Dress attire for Sunday is business casual (skirts, dresses, dress pants, polo, etc.)

### - Sturdy walking shoes (no flip flops)

### - Closed-Toe Shoes (not required, but strongly recommended to have at least one pair)

### - Alarm clock

### - Small fan (optional)

### - Umbrella or rain coat (optional)

### - Sunscreen (optional)

### - Small amount of spending money (optional)

### - Water bottle (optional)

### - Wrist watch (phones not always allowed)

### - Over the counter medication (as needed)

### - Masks:

- We will be providing single use disposable masks to be worn throughout seminar. Packing your own masks is not required of you, but masks will be required to be worn at all times over the course of seminar.

### Hippies for Hope Service Project Materials:

We will be partnering with Hippies for Hope this year as one of our main service projects. This organization provides clothing and/or tote bags to people as they are discharged from the hospital and in need of such items. We are asking that every ambassador bring at least one white tote or white t-shirt to be tie dyed during seminar. All items will be tie dyed while at seminar and then donated to this organization after seminar concludes.

### Optional Community Service Donation Items:

We will be conducting Leadership for Service projects in conjunction with community service partner organizations at the seminar. All items will be collected during check-in at the seminar and will be brought to the food bank at the end of seminar.

#### - Food Drive for Regional Food Bank

- Canned protein
- Canned vegetables
- Dry pasta
- Granola bars
- Peanut butter
- Brown or white rice
- Canned fruit (not in heavy syrup)
- Broth-based canned soup

### Optional Seminar Donation Items:

- Forever postage stamps

### What not to bring:

- Fancy clothes and shoes
- Valuables (jewelry, electronics, etc.)
- Tobacco of ANY sort
- Weapons
- Drugs or alcohol

**Prescription Medication:** If applicable, be sure to bring any prescription medication. Please bring only as much medication as will reasonably be needed during the HOBY event (4 days). Medication must be in its original container as labeled by the pharmacy. A Medication Verification Form for Physicians must be on file for all prescription medications. Please refer to the Policy for Use of Medication During a HOBY Event included in the pre-seminar materials for more information. Reach out to Jordan Pearse at [jordan.hobyok@gmail.com](mailto:jordan.hobyok@gmail.com) for further guidance.

### Who may I contact should I have additional questions?

Additional questions or concerns should be directed to our Leadership Seminar Co-Chairs. Jordan Pearse at [jordan.hobyok@gmail.com](mailto:jordan.hobyok@gmail.com) or Bryan Lynch at [bryan.hobyok@gmail.com](mailto:bryan.hobyok@gmail.com).