MANDATORY PACKING LIST-HILO CAMPUS
(Revised April 2022)

MALES

REQUIRED ITEMS FOR ALL CANDIDATES

To be worn:
____ White T-shirt, Black shorts, white over the ankle socks & Black Running Shoes

To Be Hand-Carried: ___ Hawaii ID card/driver’s license

MARK ALL HYGIENE PRODUCTS ONLY WITH CANDIDATES LAST NAME

To be packed:

1. ___ 5 Plain White T-Shirt (NO “V” NECK) ___ Given to candidate
2. ___ 5 Pr. Black Athletic Shorts (SEWN POCKETS) ___ Given to candidate
3. ___ 5 Pr. Spandex Shorts (BLACK OR GRAY ONLY)
4. ___ 10 Pr. Cotton Under wear (LONG BRIEFS, COLOR, NO BOXER SHORTS) ___ Given to candidate
5. ___ 10 Pr. White Mid-calf Socks ONLY ___ Given to candidate
6. ___ 1 Plain black or gray sweatshirt & sweatpants (NO HOOD/POCKETS/ZIPPERS)
7. ___ 1 Pr. Extra Black Running Shoes
8. ___ 1 Black shoe polish (NO LIQUID)
9. ___ 1 Pr. Shower Slippers/Sliders (BLACK RUBBER; NO CROCS)
10. ___ 2 Bath Towels (SOLID COLOR ONLY)
11. ___ 2 Washcloths (SOLID COLOR ONLY)
12. ___ Toothbrush
13. ___ Toothbrush Holder
14. ___ 2 Tubes of toothpaste
15. ___ 12 pk Bath Bar Soap (NO BODY/GEL WASH)
16. ___ Plastic Bar Soap Holder
17. ___ Toothbrush Holder
18. ___ 2 tube, lip balm (NON-FLAVORED)
19. ___ 2 sticks of Deodorant (NON-AEROSOL)
20. ___ Address Booklet with Mentor/Family Info (NO SPIRAL)
21. ___ 1 Box of Envelopes
22. ___ Book of First-Class Stamps
23. ___ 4 #2 Pencils (NO MECHANICAL PENCILS)
24. ___ Lined Letter Writing Paper
25. ___ 2 Standard Dial Combination Padlocks
26. ___ 1 Jump Drive
27. ___ 5 Cloth Face Mask (OPTIONAL)
28. ___ Prescription Eyeglasses (IF NEEDED) NO CONTACT LENSES

To be given to Nurse:
29. ___ Sunscreen = 1 month supply (NON-SCENTED)

RECOMMENDED but not mandatory

1. ___ 1 Btl of Medicated Face Cream
2. ___ 1 Btl of UNSCENTED Body Lotion
3. ___ 1 Btl of Medicated Foot Powder
4. ___ Gel Insoles for Boots
5. ___ 1 Spiritual or Motivational Book
6. ___ Maximum of 5, Personal Photos-3x5 (NO TOBACCO, ALCOHOL, NUDITY OR GANG SIGNS)
7. ___ 1 Box of 500 Q-Tips
8. ___ 2 Pump Btls of hand soap

SEE BACK
NO ALCOHOL BASED PRODUCTS, SUCH AS MOUTH WASH, ASTRINGENT, ETC.

NO AEROSOL PRODUCTS *(Check bottom of container to make sure there is no rubber plug)!*

**All Contraband items will be returned to your parent or guardian immediately.

Bring **ONLY** the items on this packing list.

a. NO JEWELRY, CELL PHONES or other TECHNOLOGICAL DEVICES & NO MONEY
   i. Unauthorized items will be returned to your parent or guardian immediately.

b. REMOVE ALL body piercings and earrings before arriving.

c. Bring ALL of your items in a large STURDY plastic hefty bag. No suitcases, duffel bags, purses or wallets.
   i. Neighbor island applicants may bring 1 suitcase.

d. CLOTHING – SHOPPING TIPS:
   i. New clothing items are not necessary--Do not buy expensive clothing.
   ii. Shirts and socks are to have no name brand logos showing on the outside of clothing.
      --Small logos on Running Shoes and Shorts are allowed

e. Shorts are to be middle to lower thigh in length.
   i. No short shorts or shorts below the knees are allowed. Overly BAGGY or TIGHT clothing is not permitted.

HAIRCUTS:

Females
   i. Have hair up in a bun or short enough so that it does not touch your collar.
   ii. Hair must be all one NATURAL color
   iii. No extensions or beads are allowed.

MEDICATIONS:

a. If you are taking any medications, do not quit taking anything before arriving.
   i. All medications will be checked and signed in at the Medical Aid Station

b. Bring all your medications with you in the original prescription bottle WITH YOUR NAME ON IT.

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(Revised April 2022)

FEMALES

REQUIRED ITEMS FOR ALL CANDIDATES

To be worn:
_____ White T-shirt, Black shorts, white over the ankle socks & Black Running Shoes

To Be Hand-Carried: _____ Hawaii ID card/driver’s license

MARK ALL HYGIENE PRODUCTS ONLY WITH CANDIDATES LAST NAME

To be packed:

1. _____ 5 Plain White T-Shirt (NO “V” NECK)
   _____ Given to candidate
2. _____ 5 Pr. Black Athletic Shorts (SEWN POCKETS)
   _____ Given to candidate
3. _____ 5 Pr. Spandex Shorts (BLACK OR GRAY)
4. _____ 10 Pr. Cotton Under wear (SOLID COLOR ONLY)
   (NO THONGS/PRINTS/BRIGHT OR LINGERIE TYPES)
   _____ Given to candidate
5. _____ 10 Pr. White Mid-calf Socks ONLY
   _____ Given to candidate
6. _____ 1 Plain black or gray sweatshirt & sweatpants
   (NO HOOD/POCKETS/ZIPPERS)
7. _____ 1 Pr. Extra Black Running Shoes
8. _____ 1 Black shoe polish (NO LIQUID)
9. _____ 1 Pr. Shower Slippers/Sliders
   (BLACK RUBBER, NO CROCS)
10. _____ 2 Bath Towels (SOLID COLOR ONLY)
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15. _____ 12 pk Bath Bar Soap (NO BODY/GEL WASH)
16. _____ Plastic Bar Soap Holder
17. _____ Toothbrush Holder
18. _____ 2 tube, lip balm (NO-FLAVORED)
19. _____ 2 sticks of Deodorant (NON-AEROSAL)
20. _____ Address Booklet with Mentor/Family Info
   (NO SPIRAL)
21. _____ 1 Box of Envelopes
22. _____ Book of First-Class Stamps
23. _____ 4 #2 Pencils (NO MECHANICAL PENCILS)
24. _____ Lined Letter Writing Paper
25. _____ 2 Standard Dial Combination Padlocks
26. _____ 1 Jump Drive
27. _____ 5 Cloth Face Mask (OPTIONAL)
28. _____ Prescription Eyeglasses (IF NEEDED)
   NO CONTACT LENSES

To be given to Nurse:

29. _____ Sunscreen = 1 month supply (NON-SCENTED)

REQUIRED ITEMS FOR FEMALES ONLY

1. _____ 5 Sports Bras: White, Black or Gray
2. _____ 2 Btl Uku (Lice) Shampoo/Treatment
   (TO BE GIVEN TO NURSE)
3. _____ Hair Gel (non-alcohol, non-scented)
4. _____ 1 Hairbrush or comb
5. _____ 2 Lrg Shampoo & Conditioner
6. _____ 4 Pkg Hair Bands (MATCH HAIR COLOR)
7. _____ 1 Btl of Scalp Oil (FOR TEXTURED HAIR)
8. _____ 1 Large box of Pads & or Tampons
9. _____ 1 Loose Rash Guard

RECOMMENDED but not mandatory

1. _____ 1 Btl of Medicated Face Cream
2. _____ 1 Btl of UNSENTED Body Lotion
3. _____ 1 Btl of Medicated Foot Powder
4. _____ Gel Insoles for Boots
5. _____ 1 Spiritual or Motivational Book
6. _____ Maximum of 5, Personal Photos-3x5
   (NO TOBACCO, ALCOHOL, NUDEITY OR GANG SIGNS)
7. _____ 1 Box of 500 Q-Tips
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