WHAT SHOULD I BRING TO THE NHD NATIONAL CONTEST?

CLOTHING (comfortable/lightweight)
- T-shirts
- Shorts (prepare for the heat!)
- Nice clothes for your interview
- Casual clothes for Monday night student dance
- Red NHD in WI shirt (Sunday)
- Gray NHD in WI shirt (Thursday)
- Comfortable walking shoes
- Hat
- Sunglasses

HEALTH
- Sunscreen
- Refillable water bottle
- Medication

GENERAL
- NHD in WI pins—buy ahead!
- Small backpack/sack
- Stamps/addresses—send a ‘thank you’ postcard 😊
- Spending money—for the Metro, souvenirs, etc.

DORMS
What they provide:
- 2 bath towels
- Bed sheets
- Pillow
- Blanket

What we recommend bringing:
- Flip flops for dorm showers
- Optional: Extra blanket (if the A/C is blasting!)
- Optional: Laundry soap + quarters (machines in basement)
- Optional: Swimsuit + towel + about $10—outdoor pool near the dorm