

What to Bring to Sessions

In addition to clothing and other personal items you will need:

Linens

Please bring your own towels and bedding, including a pillow and blanket(s)—air-conditioned rooms may be cold.

Linen rentals are not available for Sessions this year. If you have an international visitor who will need linens provided for them, please contact the Events Coordinator at events@neym.org.

NOTE: Beds in the dorms have extra-long mattresses, so standard twin-size fitted sheets will not fit. You can purchase "twin XL" sheets to bring with you, or perhaps bring a full-size flat sheet to tuck in instead of using a fitted sheet.

Parents must bring sleeping bag/bedroll, pillow, and towel for any children sleeping on the floor. Moving mattresses into neighboring dorm rooms is not permitted, and we are not able to provide mattresses or other sleeping supplies for children who will be sleeping on the floor.

Other items to bring: **Soap and shampoo are not provided** in dorm bathrooms, so bring your own. You may want to also bring:

- laundry detergent
- a small fan
- reading lamp
- travel cup/mug
- cloth napkin
- clock
- hangers
- a mattress pad (mattresses are covered with plastic)
- ear plugs
- swimming suit
- personal first aid supplies
- a bathmat or spare towel
- rain jacket/umbrella

Please put your name on any item you may accidentally leave behind or drop, so it has a better chance of getting back to you.