

What to Bring to FSI

Essentials

- An open mind and a positive attitude
- Casual, comfortable clothes for three days
- One outfit that can get messy (for the service project)
- One business casual outfit for the brunch with faculty members
 - *Examples:* slacks and a button-up shirt or polo; slacks and blouse or a casual dress. [What Is Business Casual Attire? \(With Examples and Tips\) | Indeed.com](#)
- Closed-toe shoes, walkable shoes
- Toiletries (soap, shampoo, toothbrush, toothpaste, etc.)
- Towel and washcloth
- Bed linens and pillow (Twin XL size)
- Prescription medication (for three days, if needed)

Optional Items

- Shower shoes or flip flops
- Umbrella
- Spending money (for personal use)
- Personal snacks, drinks, etc.
- Props, instruments, or costumes for the Talent/No Talent Show

Please Do Not Bring

- Alcoholic beverages
- Illegal drugs

FSI is a university-sponsored, drug- and alcohol-free event. Any participant found in violation will be dismissed from the program at their own expense and referred to the Office of Student Accountability and Academic Integrity. Learn more about ODU's Drug and Alcohol Policy [here](#).

Provided by FSI

- All meals (breakfast, lunch, dinner)
- Snacks throughout the day
- Notebook materials (paper, pens, etc.)