

Clothing and Dress

Items for Class

- ☐ Shirts
- ☐ Undershirts/Tank tops
- ☐ Polo shirts
- ☐ Hoodies/Sweaters (don't need many, but classrooms can get chilly with A/C)
- ☐ Jeans
- ☐ Leggings
- ☐ Shorts
- ☐ Pants
- ☐ Skirts

Everyday Items/Afterschool wear

- ☐ Shorts
- ☐ T-shirts
- ☐ Sundresses
- ☐ PJ's
- ☐ "Comfy" clothes

Student convention and the annual EyeBall are semi-formal events. Not to mention there is lot of nightlife on the island- Puerto Ricans LOVE to dress up. You may think you might not go out but it's nice to have something in your closet if you change your mind.

- ☐ Party/ "going out" dresses/ shirts/ outfits
- ☐ Guys-most clubs you will need to dress up at least a little (nice jeans and collared shirts)

Beachwear/Gym Wear

- ☐ Swim suits
- ☐ Cover-ups
- ☐ Sunscreen!
- ☐ Beach mat/towel
- ☐ Gym clothing (shorts, shirts, shoes, etc)
- ☐ Small towel to take into gym with you (you need one to be admitted)
- ☐ Yoga mat (optional)

Accessories/ Necessities

- ☐ Underwear (Undergarments for women)
- ☐ Socks
- ☐ Headbands
- ☐ Jewelry (earrings, bracelets, necklaces, etc)
- ☐ Watches
- ☐ Contacts/Glasses & Solution
- ☐ Sunglasses!
- ☐ Belts (both dressy and casual)
- ☐ Purse (good idea to bring a clutch or two as well)
- ☐ Umbrella (it rains a lot during the fall)
- ☐ Sun hat/ Ball cap
- ☐ It is nice to have a small tote/duffle/overnight bag if you ever decide to go for a small trip somewhere on the island and for lugging groceries back from Sam's Club.

Professional Business Attire for Clinic (Women)

- ☐ Blouse (not see through, neat-tails must be tucked in, short or long sleeve, sleeveless should be kept under a blazer/cardigan all day)
- ☐ Dress shirt (button up, wear tank top underneath)
- ☐ Skirt (no long slits, appropriate color, appropriate length, neat)

Professional Business Attire for Clinic (Women) [continued]

- ☐ Pants (color, style, neat, no jeans or jean-like pants, no slits, no hip-huggers)
- ☐ Business style dress (basic colors, somewhat conservative)
- ☐ Shoes (clean, match outfit, suede shoes, dressy boots, no spiked heel, no platform shoes, no backless, no sandal-like shoe, open-toe shoes are now acceptable)
- ☐ Jewelry (one set of earrings in ears and limit rings to one per hand)
- ☐ **Pantyhose (if worn, pantyhose should be appropriate color and no visible runs)**
- ☐ Vest/ Cardigan/ Sweater
- ☐ Lab coat

Professional Business Attire for Clinic (Men)

- ☐ Shirt (collared, neat, style; no mandarin/Nehru collars, must have undershirt)
- ☐ Button up shirts
- ☐ Jewelry (not too much, no earring in ears, 1 ring per hand)
- ☐ Belt (matches pants or coordinates with pants)
- ☐ Pants (dress pants, neat, style, length)
- ☐ Socks (match color of shoes or pants, never wear white/gym socks)
- ☐ Shoes (dressy shoes that can be shined or dressy boots)
- ☐ Hair (appropriate style/color, combed, neat)
- ☐ Nails (short, clean, manicured)
- ☐ Lab coat

***Note: No scrubs are allowed and you can visit <http://www.justlabcoats.com> for lab coats.**

Shoes

- ☐ Sneakers
- ☐ Gym shoes
- ☐ Flats
- ☐ Sandals
- ☐ Pumps
- ☐ Flip-flops (good to have extra rubber pair for shower use)
- ☐ Dress shoes

***Important note- sandals, flip flops, ratty gym sneakers etc are NOT allowed in clinic.**