

# LMTI SUMMER LEADERSHIP CONFERENCE SUGGESTED PACKING LIST

## What to Bring

- **Bedding & Towels:** a sleeping bag and/or bed linens and a blanket; pillow; towels & washcloths
- **Clothes:** shorts, jeans, t-shirts, sweatshirts, socks, light weight jacket, waterproof jacket or poncho, sturdy sneakers, pajamas (weather can vary- please be prepared for very hot, cold, and/or rainy weather)
- **Toiletries:** toothbrush & toothpaste; shampoo, soap; personal items; tissues
- **Miscellaneous:** flashlight; sunscreen
- **Optional:** bathing suit; flip flops for the shower; backpack; bug spray; water bottle; camera; musical instrument

## What NOT to Bring

- **Tablets, computers, or other electronic devices:** We do not want you to lose these valuables during LMTI. In addition, due to an extremely full schedule, there will be no time to utilize these items.
- **Food/Snacks:** All meals will be provided by LMTI. Bringing food and/or snacks can attract animals into cabins. If you have specific dietary needs, please contact us in advance!

## A Note about Cell Phones

- If you bring a cell phone, you will only be permitted to use it to take pictures or to provide music during Open Mic. **Phone calls, texting, or general app use are not allowed.**

## TI Open Mic!

### Attention LMTI Participants!

TI Open Mic is a time during the LMTI Summer Leadership Conference where you are able to share your talents if you choose to. You can perform individually or with a group. Performances can include but are not limited to:

Singing a song  
Playing an instrument  
Group dances  
Reciting poetry  
Hidden talents

## LMTI Store

The LMTI Merchandise Store will be open during Friends and Family Day on both Fridays of the conference. You may want to bring or ask your parents to bring a small amount of cash to purchase items! Credit cards are also accepted!

For additional information or questions,  
please contact:



## **the lindsey meyer teen institute**

A program of Partners in Prevention



(201) 552-2264 p

(201) 298-1618 f

info@njlmti.org

www.njlmti.org

**All completed registration materials and  
payments (made out to "LMTI") can be sent to:**

The Lindsey Meyer Teen Institute  
110B Meadowlands Parkway, Suite 302  
Secaucus, NJ 07094