

Appropriate Attire and Packing Suggestions for AIM High

Congratulations and Welcome to AIM-High! We promise that this will be a week to remember!

We expect for all AIM-High participants to adhere to the clothing policies set forth by the Dr. Kiran C. Patel College of Osteopathic Medicine since many of our sessions take place in the medical school facilities. Appropriate business attire for daytime sessions includes:

- Pants
- Capris
- Collar shirts
- Dressy t-shirts
- Skirts (modest)
- Casual dresses (modest)
- Sweater/sweatshirt (for the air conditioned dorms and classrooms that may get a little chilly)
- **COMFORTABLE** shoes as sessions are scheduled all over campus and there will be a lot of walking.
- Semi-formal attire for Friday night Gala

Permissible attire during the social evening activities or community service event:

- Shorts (modest)
- T-shirts
- Sweatpants or yoga pants
- Closed toe shoes for disaster medicine drill (preferably tennis shoes)

* South Florida can get very hot in the summer; pack accordingly.

Other things students should include in their packing:

- Umbrella
- Comforter/Sheets (Twin Sized)
- Blankets (as the dorms get chilly)
- Toiletries
- Bath towel
- Sunglasses
- Sunscreen
- Band-Aids
- Any necessary prescription medication

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Donations to Showering Love

In 2010, NSU earned the prestigious, elective Carnegie Foundation Designation as a Community Engaged Institution in Outreach and Partnerships.” NSU is identified as one of the top 20 universities dedicated to community service. Help us help others by bringing donations to share to a local non-profit, Showering Love.

Over 2,000 homeless individuals and families call Broward County, Florida home. Nearly all of them are without the necessities like toiletries, clothing, shelter, blankets, meals and showers. The mission of Showering Love is to restore dignity and hope within this community by meeting them where they are and providing essentials such as a mobile shower!

Fortunately, most of us know the feeling of taking a hot shower and getting cleaned up, it can wash away even the darkest of days. It is a sad reality for many people experiencing homelessness who do not have this pleasure. For many, a shower will be their first step in restoring their dignity and will pave the way for their upward journey into being self-sufficient.

In October 2016, due to the support of the community, we were able to raise over \$10,000 to purchase a 44-passenger bus with a handicap lift! Over the next several months, with help from sponsors, volunteers and master plumbers and electricians who donated their time, we were able to fully convert the bus! The bus now includes two showers, one handicapped accessible, a handicap lift, two 300-gallon water tanks, a water heater, a water filter and two macerators.

We are asking that each AIM-High student share one or more donations with Showering Love.

- XL and L white or black men’s undershirts
- Women’s underwear
- Men’s underwear

<https://showeringlove.org/>

The following items should NOT be brought to camp:

NSU is not responsible for lost, damaged, or stolen items. Please do not send valuable items that might be damaged if brought to camp:

- Expensive clothing or anything that you or the camper would be upset if it became: scratched, stained, battered, broken, lost or unrecognizable should not be brought to AIM-High.