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Clearly label everything with at least the attendee's first and last names. We recommend packing items in a suitcase or duffle bag that is easy for the attendee to manage. Please remember that attendees will be responsible for carrying their luggage to the third or fourth floor, so pack lightly. All luggage must be tagged with the attendee's name. Bed linens, pillows, towels and washcloths will be provided in the staterooms upon arrival.

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Prescription and over-the-counter medications will be collected and dispensed by the nursing staff for all programs and must be in the original dispensed container with the prescription information shown in a sealed, plastic zip lock bag. As you are packing check off the list below to ensure you have everything you need while you are here aboard Ambition.

- ☐ Jacket or sweater (The ship is quite cold, and one of these is highly recommended)
- ☐ Spending money for vending machines and souvenirs (at least \$25.00 is recommended)
- ☐ Lock for personal stateroom locker (see Stateroom Lockers)
- ☐ Toothbrush and toothpaste
- ☐ Disposable shaving razor
- ☐ Bath soap
- ☐ Deodorant
- ☐ Shampoo and conditioner
- ☐ Hair brush or comb (those with long hair will need hair ties to hold back hair when using the simulators)
- ☐ Shower shoes
- ☐ Hair dryer
- ☐ Other personal hygiene items, as needed
- ☐ Sleepwear
- ☐ Underwear and undergarments
- ☐ Casual clothing for however many days your chosen program lasts
- ☐ Pants
- ☐ Shorts
- ☐ Shirts
- ☐ Dresses
- ☐ Blouses
- ☐ Skirts
- ☐ Shoes
- ☐ Socks

- Exercise attire, if desired for downtime (exercise attire is not to be worn during class time)
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- Optional personal pillow or blanket (bed linens and pillows will be provided)
- Snacks (NO snacks with peanuts or peanut butter)

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The following listed items are strictly prohibited and are not allowed at NFA. Please keep in mind it is impossible to list every conceivable item and we ask attendees and their parent(s) and/or guardian(s) to exercise good judgment when packing items for your stay with us. Any items found by security personnel or by the NFA staff that are deemed inappropriate, will be confiscated and either returned to the parent(s) and/or guardian(s) at the time of luggage inspection at check-in or will be held by staff in a secure location and returned to the attendee at the completion of the program.

- Any sharp object that can be used as a weapon (knives, pocketknives, box cutters, scissors, etc.)
- Sporting goods (baseball bats, bows, arrows, pool cues, martial arts, self-defense items, skateboards, etc.)
- Musical instruments (guitars, violins, clarinets, etc.)
- Guns and firearms (pistols, rifles, BB guns, starter pistols, toy guns and replicas, ammunition, gun powder, etc.)
- Tools of any kind (excluding those needed for adjustments to medical equipment)
- Explosive and flammable materials and disabling chemicals
- Pets of any kind, excluding previously approved service animals
- All contraband materials such as alcoholic beverages, cigarettes, chewing tobacco, pornography, unauthorized drugs, items posing a fire hazard (including matches and lighters) and weapons will be confiscated and the attendee(s) will face disciplinary consequences.