

MUN Conference Packing List

1. **Cash:** Plan to spend \$30-\$40 per day for food.
2. **Clothing:** Conferences usually last three to four days.

Women:

A blazer, a pair of black pants, a black pencil skirt, and two or three blouses can create a great number of outfit combinations. If you don't want to wear skirts or pants, opt for a dress! Besides, dresses definitely take up less packing space. Usually 2 pairs of shoes should suffice, a pair of heels and a pair of flats. Besides your conference clothing, remember to pack comfortable attire that you can wear outside conference hours and one to two cute casual outfits for delegate events. Pajamas. Don't forget undergarments, jewelry, and toiletries.

Men:

One suit, three to four dress shirts, three different ties, and one to two pairs of shoes. Guys, that's really all you have to pack. Your suit is the foundation for all your outfit combinations. Black, gray, or navy are good colors for suits. As for ties and dress shirts, feel free to be a bit creative with your color combinations. Wearing unique ties are a great way to make an impression or a fashion statement. However, always make sure that the patterns or writing on the ties are appropriate for a model UN conference. As for shoes, a pair of black shoes will go a long way, they basically match with everything. Other than your conference attire, remember to pack comfortable clothing that you change into after the conference and bring one to two nice casual outfits for delegate events. Pajamas, undergarments, and toiletries.

3. Materials for the Conference

1. Research Binder (Try to print out all the information at home, printing in hotels tend to be expensive or inconvenient)
2. Notebook (Although conferences usually provide delegates with note pads, bring your own notebook to take notes; it is much easier to keep your notes organized in your notebook than on a pad)
3. Office Supplies (Pens, stapler, highlighter, paper clips, post-it notes, tabs, labels) (Keeping your information clean and organized makes looking through them in the future a much easier process)
4. Laptop and charger
5. Phone and charger
6. Backpack or tote bag

4. Medications

Always remember to inform your model UN advisor, if you are on a certain type of medication or you are allergic to certain foods or medications. The advisor needs to keep the medication, it is against state law for you to keep it.

5. Travel Aids

Long flights or bus rides can be really draining. Here are a couple of things that you **can** bring along to help you through the journey.

- Phone charger, perhaps portable battery
- Earplugs/ eye mask
- AirPods
- Book
- Travel pillow and blanket
- Food/Snacks
- Water Bottle