

# Keystone Conference Suggested Packing List for MTF

This often is the greatest cause of anxiety for first timers, so please take some time to organize what you'd like to bring. As a general rule of thumb, we recommend packing one or two outfits per day; incase you want to change from the daytime to something more evening appropriate. Keep in mind the average temperatures for Harrisburg in March are a high of 55 and a low of 32. Here is a suggested list. It is neither all-inclusive nor required, but should give you an idea of what to think about packing. Please tailor them to your own needs:

## Clothing

- Coat
- Hat
- Glove
- 1-2 Outfits/Day
- At Least one Semi-formal to Formal Dress and Shoes (for Saturday Gala)
- Pantyhose, Stockings, Socks, etc.
- Shoes (Heels, Flats, Casual, etc.)
- Sleepwear
- Undergarments (Bras, Strapless Bra, Panties, Slips, etc.)

## Accessories

- Jewelry (Earrings, Necklace, Bracelets, Rings)
- Belts
- Purse(s)—Daily & Formal
- Glasses
- Sunglasses

## Image Enhancers

- Breast forms/adhesive
- Corsets/waist cinchers
- Hip pads
- Wig(s)
- Wig Stand
- Wig Tape
- Wig Brush or Pick
- Spray Bottle
- Wig styling spray
- Hair accessories
- Bobby Pins
- Nails
- Nail Polish
- Nail File
- Nail Polish Remover
- Nail Glue/Adhesive

## Toiletries

- Toothbrush
- Toothpaste
- Floss
- Razors (electric, hand, face/body)
- Shaving gel/cream
- Tweezers
- Antiperspirant/Deodorant
- Tend Skin
- Band-Aids & Moleskin
- Hand/Body Lotion
- Face Moisturizer
- Lip Balm
- Sun Block
- Makeup Remover
- Eye Makeup Remover
- Baby wipes
- Contact Lenses
- Contact Lens Case
- Contact lens storage/
- Contact lens cleaning solution
- Tylenol, Ibuprofen or NSAIDs
- Vitamins
- Anti-Acids
- Beano
- Prescription Drugs
- Visine
- Sewing kit
- Lint brush
- Q-Tips
- Cotton Balls & Pads
- Safety Pins

## Makeup

- Foundation
- Concealer
- Loose Powder
- Compact Powder
- Eye shadows
- Eye Pencils
- Eye Liners
- Mascara
- False Eyelashes/Adhesive
- Blushes
- Bronzer
- Lip Liners
- Lipsticks
- Lip gloss
- Perfume
- Makeup Sponges
- Makeup Brushes
- Eyelash curler
- Pencil sharpener

## Other

- Drivers' license
- Medical Insurance Card
- Cash
- Credit cards
- Keys
- Directions/addresses/maps
- Friendship/business cards
- Journal/Notebook
- Ear plugs
- Pen
- Mints/Gum
- Facial Tissue Packs
- Cell phone and charger
- Camera
- Batteries
- MP3 Player
- Laptop, mouse & power cord
- Wi-fi card
- PDA
- Lint Brush
- Zip Lock Bags



## A Word of Caution About Heels and Nails

If you aren't used to wearing heels for several days in a row, you will want to bring a pair of comfortable shoes. There is a Payless, Famous Footwear, JC Penny's and Target right next to the hotel if you need a pair of flats. Also, if you're breaking in a new pair of shoes while at the conference, we recommend that you buy some mole skin at your local pharmacy store. It will help prevent hot spots and blisters.

Planning on getting your nails done? Right next to the hotel is Lee's Nails, a very Transgender friendly nail salon. They will be happy to have your business and are open on Sundays if you need your nails removed. Let the nail technicians know that you'll be removing them at the end of the weekend and they can make it a little easier to remove. It takes about an hour to get them done and about an hour of soaking to get them off.