Dear Parents,

Welcome to The Gow School! To help you, the Parents Association, in conjunction with the school, has created the enclosed packing list to start the school year. This list is a guideline and you and your child can adjust it to meet your child’s needs. Keep in mind that dorm space is limited, and your child will have a roommate. The students are responsible for keeping their room clean and organized – sometimes less is more!

We recommend you label all clothing and personal items with your child’s name. This year we are also recommending sending one or two water bottles labeled with your child’s name. Please record the serial numbers of electronic equipment and other expensive items brought to campus, for your records.

Please keep in mind the following as you pack:

- Towels are provided for showers taken in the gym, but not in the dorms.
- Basic athletic clothing is available in the bookstore. You may also bring your own, however athletes are required to dress in standard athletic attire with Gow logos while participating in practices, games, and recreational activities.
- Textbooks will be purchased through the bookstore. Other school supplies can be brought from home or purchased at the school.
- Dorm rooms are furnished with a desk chair, but many students opt to bring a more comfortable one from home.
- Cold weather gear may be necessary as early as late October. Please be prepared to send these items to your child when the temperatures begin to drop in South Wales.
- For students in grades 9 – 12 there are laundry machines in the dorms. Laundry service is required for grades 6 - 8 and these charges will be billed to your child’s bookstore account.
- All students have access to dry cleaning, when necessary, for school blazers. These charges will be billed to your child’s bookstore account.

If you have any questions, please contact Jennifer Bamann at 716.687.2076.

We look forward to seeing you on campus.

Sincerely,

Paige Payne,
Parents Association President
The Gow School Packing List

Female Students: Academic Clothing – The Gow School Uniform

3-4 Lands’ End or Tommy Hilfiger navy blazers with The Gow School Patch sewn or embroidered
3-4 pairs of khaki dress pants (wrinkle-resistant is best)
3-4 Lands’ End or Tommy Hilfiger khaki skorts, no shorter than 3 inches above the center of the knee
8-10 white dress shirt and/or light blue dress shirt (wrinkle resistant is best)
1-2 black, navy or brown leather belts
6-8 (combination of) dress socks/footies/knee socks and nylons/tights
2 pairs of black, navy or brown dress flats, dress loafers, or mary jane shoes
1 pair of duck boots in solid black, navy or brown
1 pair of short solid black rubber boots
1 pair of riding boots in solid black, navy or brown (optional)

Additional Clothing – Female Dinner Dress

3-4 long or short sleeve collared polo shirts, any color – these are to be worn at dinner and study hall
2-3 pairs of dress pants, any color (wrinkle-resistant is best)
1-2 Lands’ End or Tommy Hilfiger, any color skorts, no shorter than 3 inches above the center of the knee
1-2 pairs of capri pants – optional
2-3 dress or bermuda shorts, minimum 7” inseam

Male Students: Academic Clothing – The Gow School Uniform

3-4 Lands’ End or Tommy Hilfiger navy blazers with The Gow School Patch sewn on or embroidered
6-8 pairs of khaki dress pants (wrinkle-resistant is best)
8-10 white dress shirt and/or light blue dress shirt (wrinkle-resistant is best)
2-3 Gow ties, available in the bookstore
1-2 black or brown leather belts
6-10 pairs of dress socks
2 pairs of black or brown leather dress shoes – can be loafer or tie shoes
1 pair of duck or dress boots in navy or brown

**Additional Clothing – Male Dinner Dress**
3-4 long or short sleeve collared polo shirts, any color – these are to be worn at dinner and study hall
2-3 pairs of dress pants, any color (wrinkle-resistant is best)
2-3 dress or bermuda shorts

**Casual / Athletic clothes and gear – all students**
1-2 pairs of jeans
1-2 pairs of casual pants/slacks
2-3 pairs of sweatpants/leggings
2-3 pairs of athletic shorts
2-4 sweatshirts/sweaters, non-hoodie
3-4 casual shirts, 1-2 long sleeve
Lightweight jacket
Casual shoes
  2 pairs of sneakers - 1 **must** be non-marking for gym use and another pair for outside
Cleats and shin guards, if playing soccer
X-country running shoes, if needed
Wrestling shoes, if needed
5-7 pairs of athletic socks
Athletic supporter/spandex
Sports goggles, if needed
Sleeping apparel
Slippers/Sandals

For skiing and snowboarding, students are required to wear a proper helmet

Dormitory

2 water bottles labeled with the student’s name
2 sets of extra-long twin sheets
Mattress protector
1 comforter or bedspread
Blanket
1-2 pillows
Bed lifts – optional for under bed storage (cannot use in Rogers-Ivie dorm)
1-2 plastic containers for under the bed storage – optional
1 laundry basket or bag
2 bath towels
1 robe
Bathroom tote filled with toiletries and personal hygiene products
Clothes hangers
Alarm clock or clock radio
Desk lamp
Desk or pedestal fan
Flashlight
Umbrella
3M hooks of various sizes and mounting squares
Gel air freshener (non plug-in)
Small lock box with a combination
Locks
Lysol wipes
Cup to hold pens and change
Extension cord with power strip (circuit breaker is required)
Laundry supplies

**School Supplies**

1 backpack

Pens/Pencils/Erasers

Highlighters

Small scissors

Stapler/staples

Post-it notes

Index cards
   1 package 3x5
   1 package 4x6

3 hole loose leaf paper

Texas Instrument 84 graphing calculator (Grades 9 – 12)
Texas Instrument 30x iis calculator (Grades 7 -8)

**Miscellaneous – these items are optional, and should be labeled**

Lacrosse stick and ball

Squash racquet and balls

Tennis racquet and balls

Bike/Scooter

Rollerblades

Skateboard

Comfortable desk chair, standard size

Small television - television screens are not to exceed 32”. TV’s are optional and only 1 per dorm room is allowed

Video game system and games (games rated Mature and Adult are not allowed)
Musical instrument – if student plays and/or taking lessons

**Helmet:** this is a school requirement when using skateboards, scooters and bikes
Locks can be purchased in the bookstore.

**Specific for Fall 2020**
Students are asked to bring a minimum of 7 washable cloth face coverings/masks, as these will be required to be worn at prescribed times while on campus. Students may bring disposable/surgical or other industrial face masks, so long as they have enough for the semester.

**May NOT have:**

Knives or weapons of any kind

Extra trash can – these are provided in the rooms

Rugs or carpets of any kind

Additional furniture

Decorative Lighting – this includes black lights, LED and rope lighting, lava lamps, and battery-operated lights

Refrigerators

Cooking equipment – this includes microwave and toaster ovens, hotplates, coffee makers, or any item with a heating element

Electric blankets

Heaters or portable air conditioners

Irons

Candles, incense, matches, lighters or any other fuel burning items

Offensive posters displaying inappropriate language, women, drugs and/or alcohol

*Valuable items, such as bikes, skis, and other personal possessions should be listed on your Homeowners Insurance Policy. Gow is not responsible for lost or stolen property.*