

## MSU Move-In Day 2011

Morgan State University is excited to have you join our community! **MSU Move-In Day for new and transfer students is Saturday, August 13, 2011.** The Office of Residence Life & Housing (located in Harper-Tubman House) will be open 8:00 a.m. to 5:00 p.m. on Saturday (August 13) and 8:00 a.m. to 1 p.m. on Sunday (August 14). **Please continue to monitor this page for additional information that will be posted as move in day draws near.**

Here are some tips on how to be best prepared for your Move-In Day 2011 experience:

- **Don't over pack**

Don't over-load boxes making them too heavy to carry. You can avoid this common mistake by using smaller boxes. Smaller boxes are easier to manipulate when packing them into vehicles and much lighter for you and our Move-In volunteers to carry! Consider bringing a handcart or dolly to transport belongings to your room.

- **Be sure all your belongings are contained in boxes**

Loose items are easily dropped...which means loose items are easily lost! Please make every effort to pack all your belongings *inside* boxes or containers. That includes hanging clothes, toiletries, shoes, etc.!

- **Label every box and every item**

We will do our best to make sure your belongings make to your room...but please make that process easy on our Move-In Volunteers by labeling every box and every item you are moving into your room with **your name and your room number.**

- **Only students may pick up their room keys and a photo ID is required to do so**

When you arrive at your designated building, report to the lobby of the residence hall to which you were assigned to pick up your keys and your Room Condition Report. The student must be prepared to show their photo identification in order to pick up their room key.

- **Leave one person in your vehicle**

When you pull up to your designated unloading zone, please leave one person or family member with your vehicle. This will help us to make sure none of your items are left alone and to move your vehicle out of the unloading zone as soon as it is emptied.

- **Need help? Ask a Morgan Move-In Volunteer**

Morgan Move-In Volunteers are students, faculty and staff members who have agreed to assist students and families in their move into the residence halls from 8:00 a.m. to 5:00 p.m. on Saturday, August 13. The volunteers who are helping you move your belongings into your residence hall are truly volunteers! They are not required to be a part of Move-In Day...so don't forget to thank them for their hard work!

## General Health Tips

There is a good chance it will be a long, hot day for Move-In Day 2011. MSU wants you to have a positive, healthy experience, despite the heat! Here are some tips to keep you going through the day:

- **Eat well at least two days before Move-In Day**

Eating well means being aware of your calorie intake because you will burn *a lot* of calories and energy during Move-In Day. Consume a lot of carbohydrates - they serve as disposable calories...you take them in and in return, they give you a burst of energy for the day of the event!

- **Eat some bananas!**

Potassium is a great source of energy and can work to prevent muscle-cramping, so eat some bananas throughout the couple of days leading up to Move-In Day and during the event too.

- **Hydrate, hydrate, hydrate!**

Since there is little chance that it will be a cool day for Move-In Day, you'll need to start your hydration early! Drink plenty of water a couple of days before the event. Be ready to burn through that in a hurry during Move-In Day. Water is the best option for hydration, but if during Move-In Day you find you're developing a headache, it may be an early sign of dehydration. Drink some water or for a quick fix to replace your lost electrolytes, drink Gatorade.

- **Don't take unnecessary risks!**

- You will be working in the hot sun...**wear sunscreen!**
- You will be lifting heavy items and boxes...**lift with your legs!**
- You will be climbing lots of stairs...**take occasional breaks!**
- If you see someone you think is in trouble (in need of water, medical assistance, etc.)...**find a Move-In Day Volunteer or a staff member from The Office of Residence Life & Housing.**