Dear Future Hornet,

We are happy to have you join us for F.R.O.S.H. Night, an experience you’ll never forget! This summer’s F.R.O.S.H. Night theme is CARNIVAL! Here are a few things you can expect:

The Basics:
- Only Orientation participants may attend F.R.O.S.H. Night.
- Students are not permitted to leave campus during F.R.O.S.H. Night.
- F.R.O.S.H. Night is for students only – sorry parents. However, we will have pictures posted on the Orientation Facebook page so they can see how much fun you had!

Check-In:
- Once you have checked in for Orientation, a staff member will direct you to the F.R.O.S.H. Night table.
- You’ll drop off your luggage at lunch. If you are being dropped off, let someone at the F.R.O.S.H. Night table know and they will store your belongings.

Accommodations:
- We will be staying in the residence halls and enjoying dinner in the Dining Commons. You will get a real experience what it is like to live on campus.
- You will be assigned a roommate for the night. We will not be accepting roommate requests. This night is the perfect opportunity for you to meet new people. Isn’t that what college is about?

Activities:
- Each night features a different Sac State activity that will allow you to interact with other first-year students like yourself. For details, visit the Orientation website and check out the videos.
- The fun continues at the residence halls after your activity, with ping-pong and pool tables, basketball courts, and a swimming pool that is perfect for those hot Sacramento summer nights.
- Orientation staff will be available from our Orientation staff during the evening to help you plan your fall schedule.

Provided:
- Your room will have a blanket, pillow, linens, and a small towel.
- Luggage tags will be provided during check-in.
- Each participant will also receive an exclusive Sac State Orientation t-shirt.
- Dinner and snacks are included.

What to Bring:
- Change of clothes, pajamas, toiletries, shower sandals, swimsuit, closed toe shoes, and beach towel (for pool and/or shower uses). Please no flip-flops for ANY of the activities; it is a safety requirement.
- Don’t forget your positive attitude.

F.R.O.S.H. Night is a once-in-a-lifetime experience that is ONLY offered to first-year students. We hope you will take advantage of the amazing experience we have planned for you. The friends you make will serve as familiar faces the first day of the semester, as future classmates, and even lifelong pals.

Morgan Dodds
Student Orientation Coordinator

Andrew Shaw
Student Orientation Coordinator