

### **Eleven things you should know before Anatomy lab:**

- 1. Buy some scrubs for anatomy lab at the SNMA scrub sale:** By now you all have a lovely Pritzker scrub top with the nice color and sewn logo. We highly recommend that you don't use these scrubs for anatomy lab because trust us, you WILL throw out the scrubs that you use. The human body has a lot of unique substances and smells that accompany it and you will not want to keep your anatomy scrubs after the course is over, so you don't want to use nice ones that will be fun to use later. There will be a scrubs sale during Orientation, and we highly recommend that you buy a set—the complete set is about \$20. One set is fine but get 2 if you like to be extra clean or alternate while you wash one set.
- 2. Use a pair of old sneakers that you won't mind throwing out:** Kind of like your scrubs, your shoes are going to be getting gross things on them that you won't want to keep around. It's also not really sanitary to wear shoes in the lab all the time and then track things out into the BSLC and outside world. Find an old pair of sneakers that you won't mind throwing away or go to a cheap store and buy a pair if you don't have any old shoes. Remember, fashion is NOT the issue—just get something sturdy that fits. NO OPEN TOES!!!! You need to wear socks and shoes to lab since we have sharp tools and human material around. Your shoes can be sneakers, no-holes crocs, etc.—just make sure they will keep yucky things from getting on your feet.
- 3. Especially for the ladies:** Ladies, bring an old bra or buy a cheap one and bring it the first day of anatomy lab to leave in your locker. Even though you'll have scrubs on, the smell goes through to your skin and clothes and you won't want your expensive bra to start stinking! So buy one to leave in your locker so you can use it during lab and leave it there.
- 4. Hair advice:** If it pertains to you, find something to cover your hair—a bandana, a shower cap, whatever. The smell will get into your hair if it's uncovered and it's not easy to wash out plus it's weird to “smell the lab” when you're outside. A physical barrier to the smell is your best defense! Usually this is the best advice if you have longer hair but any hair picks up the smell so it's up to you—plus, you have to get used to wearing caps for the OR anyway so it's stylish, right? :o)
- 5. Do not bring your copy of Grant's dissector to lab:** Copies will be provided for you in lab so you don't have to get your copies all yucky like. You want to keep your copy nice for reading ahead at home!
- 6. If you get cold easily, you may find the lab to be a cold place:** A ratty long sleeve t-shirt or sweatshirt is just fine to wear under your scrub top. Just plan on throwing it out at the end!

7. **Don't wear jewelry into the anatomy lab that's on your hands/wrists:** It gets in the way of your gloves and you wouldn't want to drop anything anywhere....
8. **All of your gloves and tools will be provided for you** so don't worry, you don't have to buy any of that.
9. **There are showers in the anatomy locker rooms** so if you want to shower there, you can bring shower stuff for your locker although I would say that most people just went home to shower.
10. **Bring a plastic bag:** If you want to protect your street clothes from the smell in the locker rooms, bring a plastic bag to put your things in while you're in lab and then tie the bag before putting it in your locker. Like the hair tip, a physical barrier is the best smell defense.
11. **Have fun!** Gross lab is a unique experience, and one you won't necessarily ever have again – so make the most of it!