Some information is best presented in a list. But not all lists are the same; different kinds of lists need different formatting. Plain LATEX provides three kinds of lists, depending on the kind of information they hold.

"Itemize" is for sets of items with no particular order, like grocery lists. By default, the items in an itemize environment are printed with a bullet.

- This is a thing
- Here is another thing
- Want some more things? Have one!

"Enumerate" is for ordered lists of items, like recipes or agendas. Take care to only use enumerate if the numeric labels make sense.

- 1. This is the first thing
- 2. This is the second thing
- 3. list all the things

"Description" is for lists of things that most naturally have textual labels, like glossaries. This is probably the least frequently used type of list.

foo a meaningless term that stands for an arbitrary word

bar like "foo", also meaningless; sometimes called a metasyntactic variable

baz when you need a meaningless word, but foo and bar are already taken