

Off to School List!

(A handy Guide for College Freshmen)

Always check with your school for the most comprehensive list of what you can and cannot bring. Remember, you don't have to bring everything. Some shared items can be worked out with your roommate such as a mini fridge or TV.

Most Important!

License
Insurance card
Emergency contact
Medications

Bedding

A good night's sleep is critical, get it while you can!

Mattress pad (xtra long twin)
2 Sets of sheets
Blanket
Comforter
Pillow
Pillow protector
Bed risers
Under bed storage (drawers may work better than bins)

Laundry

Do it once a week even if you don't want to, then it won't get out of hand.

Basket if there is room
2 Laundry bags in different colors, one for clean, one for dirty.
Detergent
Stain remover
Small iron, auto shut- off (if needed and allowed) / small ironing board

Clothing

Coat hangers (sturdy plastic that have no sharp edges are good for all clothes, especially wet ones)
Closet rod doubler
Shoe rack
Belt / scarf holder
Over door towel rack or collapsible standing rack

Shower and Grooming

2-3 sets of towels
Body soap
Shampoo & conditioner
Styling products
Shower caddy
Nail file, clippers etc.
Razor and shaving cream
Hair brush
Hair dryer
Toothbrush
Tooth paste
Floss
Mouthwash
Denture tablets (for cleaning dental appliances)
Deodorant
Flip flops if bathroom is down the hall
Feminine hygiene
Hand / body lotion
Sunscreen
Towels / washcloth
Contact lens products
Cosmetics

Looking Good!

Study Supplies

#1 A planner that works for *you*.

Plastic file bins, hanging folders
Pencil cup
Pens, pencils, erasers
Sharpies
Calculator
Spiral note book
Calendar: wall, date book, or phone
Phone and charger
Computer
Tablet
Surge protector
Batteries
Earphones / buds

Must Haves for Studying

Comfort Items

Just like home.....almost! Share the load with your roommate.

Tissues
Toilet paper
Wastebasket
Paper towels
Paper plates
Plastic ware
Food storage
Plastic storage bins for off season clothes, gloves, scarfs etc.
Water bottle and /or hot cold bottle
Mugs
Command hooks (if allowed)
Trash bags
Dustpan & broom or small hand vacuum
Sewing kit
Umbrella
Flashlight and batteries
Toss pillows
Snacks

Check with your school to make sure you can bring these.....

Most schools *do not* allow the following.

Extension cords
Candles
Halogen Lamps
Microwave ovens, toasters, hotplates etc.
Space heaters
Bulletin boards
Coffee makers

First Aid

Ouch! Don't wait to see the nurse before a problem becomes serious.

Band-Aids
Antiseptic
Tylenol / Advil
Immune system support: Multi vitamin, Airborne, Cold Ease etc.
Decongestant
Cough suppressant / drops

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