

## PACKING GUIDE FOR COLLEGE



### CLOTHES

- ☐ Bottoms: shorts, jeans, sweats, dress pants
- ☐ Tops: T-shirts, sweatshirts, dress tops, sweaters
- ☐ Pajamas, robe, socks
- ☐ Undergarments
- ☐ Outerwear: lightweight jacket, heavy jacket, raincoat
- ☐ Shoes: shower shoes, running shoes, sandals, boots
- ☐ Workout clothes
- ☐ Coat hangers



### TOILETRIES

- ☐ Shower caddy
- ☐ Sunscreen (SPF 30 or higher)
- ☐ Make-up, optional
- ☐ Shower shoes
- ☐ Toiletries (i.e. toothbrush, toothpaste, soap, shampoo, lotions, hairbrush, razor, hairdryer)



### BEDROOM ESSENTIALS

- ☐ Bed: Comforter, sheets, pillows, mattress topper
- ☐ Towels (2 sets)
- ☐ Organization bins/cart
- ☐ Laundry basket and laundry detergent
- ☐ Desk and drawer organizers
- ☐ Lamp
- ☐ Trashcan
- ☐ Fan
- ☐ Decorations (photos, books, poster, string lights)



### SCHOOL SUPPLIES

- ☐ Computer
- ☐ Backpack
- ☐ School Supplies (ie.pens, printer paper, scissors, notebooks, stapler, tape, highlighters, ruler)
- ☐ Portable charger for electronic devices



### HEALTH & SAFETY:

- ☐ First aid kit (band-aids, antiseptic wipes, benedryl, pain relievers, bactroban)
- ☐ Prescription medications
- ☐ Medical alert band
- ☐ Epipens (if needed)
- ☐ Medication safe (optional)
- ☐ Hand sanitizer and disinfecting wipes
- ☐ Emergency plan
- ☐ Assistive technology / equipment
- ☐ Local medical resources: preferred hospital, urgent care, pharmacy, primary care doctor, and/or specialists



### MISCELLANEOUS

- ☐ Resusable water bottle
- ☐ Power strip
- ☐ Command hooks
- ☐ Brita water filter
- ☐ Headphones
- ☐ Coffee maker, mugs, coffee
- ☐ Tool Kit
- ☐ Refrigerator, microwave