



CHAPTER 3
PREMOVE
THE CHECK-LIST

“MOM!!! I need a couch!!!”

You’re at the end of the summer and moving to college is just a matter of days away. You’re probably both excited and nervous at this point. Now is the time to start thinking of what you will need to complete to prepare and get ready for going to college.

Housing

Be educated about your housing and the style of your room. Be able to answer the following questions:

- What is already provided with my room?
- What are the dimensions of the room?
- Are there any specific rules or restrictions of what you’re not allowed to bring?

If you don’t know the answers to these questions, try:

- Reviewing information you received at orientation
- Visiting the housing’s website
- Calling the housing department
- Reading any other information you received through the college by mail

In general your room will be provided with the following:

- Bed and mattress

- Desk and desk chair
- Closet or wardrobe
- Dresser

It may also come with:

- Waste basket
- Phone
- Carpet
- Window drapes
- Towel bar
- Shelving or storage space

Roommate

It's a good idea to contact your roommate if you know their phone number or email address. This conversation is important because this will be the person you will be living with for the next year. Don't make any assumptions about your future roommate! Find out about their background---where do they live? What do they plan to major in? Have they ever shared a room before? These questions can give you many insights. You will also want to find out:

- What do they plan to bring?
- Who will bring the: phone, carpet, marker board, bed lofts, futon, TV, microwave, refrigerator, etc?
- When do they plan to move in?
- How do they think the room should be set up?

Many students coming into college have had a room to themselves at home. Sharing a space with someone else can be an adjustment, so it's important to be open about expectations from the start. Put all your own personal stuff aside and look at this as a great opportunity to learn from a new person. Keep a positive attitude. Go into this relationship knowing it is a unique opportunity to learn about living close to someone else with its' triumphs and hardships. See Chapter 8: Roommates for more tips and hints.

The Packing List

This list will help you to start to think of the general things you may need when you move away from home. It is not meant to be a complete list. When you are packing you will have to take into consideration: your

housing situation, your roommate, space limitations, your budget and your own preferences.

Legend Key:

- **Items appearing in bold** are commonly forgotten items.
- *Items appearing in italics* are college-specific items that you might not already have at home.
- (Items appearing in parentheses) are more suggestions that may not pertain to everyone.

CLOTHES:

- Fall Clothes
 - You'll want to pack comfortable everyday types of clothes. You will want to pack enough clothes to get you through to the beginning of the next season or until your next trip home.
- Shoes
 - Every-day, casual, workout, sandals/flip-flops, dress, boots
- Socks and Underwear
 - 2-3 week supply
- Workout clothes
- Professional dress clothes
 - You'll want to bring 1-2 nice outfits for such things as: award ceremonies, banquets, career fairs, formal dances, athletic, music or club functions, church, or just for fun to go out with your friends.
- Jackets
- Gloves/Hat if applicable
- **Clothes hangers**

BEDDING/TOWELS:

- Pillow
- Bed sheets, comforter, *egg crate foam mattress topper*
 - Some residence halls use extra long mattresses, so you'll want to be sure you know the mattresses' dimensions before you buy or pack your sheets.

	Fitted Sheet	Flat Sheet
Twin Mattress	39 inches X 75 inches	66 inches X 96 inches
Twin Extra Long Mattress	39 inches X 80 inches	66 inches X 102 inches

- Shower towel, washcloth, hand-towel
 - Consider having two sets of towels in case you need to do laundry or to have another set on hand if you have a visiting guest.
- Fleece blanket, throw-blanket

LAUNDRY:

- **Laundry bag or basket**
 - Depending on the size of the room, pick which will be most efficient. Baskets can be helpful later to carry stuff home or when moving, but bags take up much less space.
- Detergent, dryer sheets
(iron and ironing board)
See Chapter 9: Laundry

PERSONAL HYGIENE/TOILETRIES:

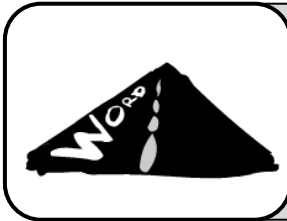
- Shampoo, soap
- **Shower sandals**
 - You'll want to keep your bare feet from touching the bathroom floor, because public community showers can be breeding grounds for contagious feet infections. See Chapter 18: Health and Safety.
- **Shower caddy**
 - Unlike home, you won't leave your shampoo and soap in the shower and will need to carry it with you each time you shower. It is much easier to carry your shampoo, conditioner, soap, washcloth, and loofah, if you have something to put them all in like a shower caddy or bucket.
- Toothbrush, toothpaste, cup
- Deodorant, perfume/cologne
- Razors, shaving cream
- Comb, hair spray/gel
- Eye Care
- Toiletry bag
(medications, vitamins, make-up, female hygiene products)



Think of other things that you will need to live on your own and be self-sufficient. Some “family supply” items you might take for granted at home include: Kleenex®, toilet paper, Q-tips®, hand lotion, nail clippers, tweezers, hair clippers, etc.

Also consider:

- **First Aid supplies** such as: cough or headache medicine, bandages, etc. See Chapter 18: Health and Safety for a more extensive list.
- **Cleaning supplies** such as: glass or all-purpose cleaner, paper towels, trash bags etc.



To save a little extra money, use plastic grocery bags as garbage bags.

SCHOOL SUPPLIES:

- Backpack
- Paper
 - Notepads, loose-leaf paper, computer paper
- Pens, pencils
- Folders, binders
- Note cards, sticky notes
- Stapler, calculator
- Paper shredder
- Stamps, envelopes
 - Bring a list of your family and friends’ addresses.

Use your home and personal experience as you decide what school supplies to bring. It will also depend on your major (that is: a design major will need more art supplies while a science major may need a more advanced calculator). Your course instructors will let you know what you will need for

the semester so you might want to wait until after your first week of classes to purchase supplies.

DOCUMENTS:

- College Information:
 - Residence Hall/apartment information: address, room number, telephone number, roommate name and home phone number, etc
 - Class schedule, campus map, phone numbers, information from orientation and resource lists, etc
- Bank information (account number)
- Medical history, vaccine history
- Insurance cards
- Social security card/number



You will also want to consider where in your room you will safely store these documents, as well as your money or other valuables.

ROOM:

Most of these items are not necessary but can be nice to have in your room, however, these large ticket/bulky items are difficult to move and can get ruined. Encourage your roommate to bring these things.

- *Loft*
 - A loft is a wooden structure that elevates your bed off of the floor and thus provides additional floor space underneath your bed (for example, you might then move your desk underneath your lofted bed). The loft may already be provided with the room, may be available in pre-purchased kits, available to rent or you may build your own loft. If you construct your own loft, you will need to know the bed frame dimensions and be sure to ask about any restrictions.



When you use a loft, you have essentially lifted your bed six or seven feet off of the ground and if you fall out of your bed you can cause severe bodily injuries including head concussions; **for your own safety, make sure your loft has a guard rail and leave the guard rail in place.** Also

remember that you are sleeping very close to the ceiling and it is easy to bump your head.

- *Carpet*
 - Your room may not be provided with carpet leaving you with cold feet. You can bring a large area rug or use a company that cuts carpet squares specific for college rooms.
- *Furniture*
 - *Futons:* Futons are low to the ground couches that pull out and convert to a bed. The mattress is the most expensive part of the futon but a good investment for a comfortable night sleep. See discussion below about issues related to bringing large furniture items with you to college.
 - Something to sit on, whether it is a papasan chair or a bean bag.
- *Fan*
 - This could be the most important thing you bring if your room is not air-conditioned.
- *Lights*
 - Your room may be dim-lit having just one central fluorescent light.
- *Waste Basket*
 - Check with the Residence Halls Department to see if this is already provided.
- *Dishes/Microwave/Mini-Fridge*
 - See below

DÉCOR:

Your room will be pretty bland when you move in and you will want to personalize it to give it more of a home feeling. You don't have to spend a lot of money on room decorations if you are creative—simple things can add a lot to your room. Be aware of what image or message you are projecting to others from the things you choose to display in your room. You want people to feel comfortable in your room. What will your Resident Assistant think if your entire wall idolizes beer? What will your guests think

about your personality if all they see is pictures of naked women or men on your walls?

- Photos
 - Displaying photos of your family, friends and pets will spark memories of your home life. It is also a way to share some of your past with your new college friends.
- Posters
 - A lot of college students will buy posters for their rooms. Posters can be expensive especially if you consider that you generally don't keep them long term and they tear easily from the tape when you take them down at the end of the year.
- Plants
 - A plant is something you might want to consider getting later. It can add a lot to your room but it can also add another responsibility to your busy schedule and you will need to take care of it over school breaks.

ENTERTAINMENT:

- Television/DVD player/VCR/**Coax Cable/Power Strip**/TV Stand
 - Consider the size of the TV you are bringing and where you will place the TV.
- Sports
 - If you have a sports passion or play a unique sport, you'll want to bring it along. Otherwise the hall desk or campus fitness center will generally let you check out the sports equipment you need.
- Movies and Video Games
 - "Movie nights" are popular among college students and are a causal fun way to bond with your friends. Remember though every item you bring takes up space in your room so just bring some of your favorite movies to share. You won't need to bring your entire movie collection, because your neighbors and friends will also be bringing movies.
- Books
 - Bring some fun and light reading for when you want to escape your textbooks. Be selective though because you will have lots of other material to read for your classes.
- Music/CDs/Stereo/Radio/MP3 Player
 - You'll definitely want some of your favorite music to enjoy. You won't need extensive stereo or large speakers.

Don't be "the nosebleed." Playing music excessively loud in a small space is a quick way to make enemies, not friends.

- MP3 player: Many people choose to have their digital audio player to keep their music for the walk to class, studying or for the drive home.

TRANSPORTATION:

See Chapter 13: Transportation for information on bringing a car, bike, rollerblades, etc.

MISCELLANEOUS:

- The Voice of College: the Freshmen Experience
- Cell-phone and charger/Phone and phone cord/Answering Machine/Clock/Alarm clock/Wrist-watch
 - A wrist-watch is a good investment if you don't already have one. Unlike high school there are no bells to alert you to the start of class---you don't want to be late to your classes!
- Camera
- Full length mirror
- *Marker Board*
 - A dry erase board is a handy thing for your friends to leave you messages on your door when you aren't home. Markers have a tendency to go missing so you'll want to attach the marker to the board and bring extra markers.
- Batteries
- Flashlight
- **Adhesive substance**
 - 3M® makes strong adhesives that you can use to attach items to your wall that won't leave marks or holes.
- **Extension cords/Power strip/Coax (TV) Cable**
- **Duct Tape**
- **Door-stop**
- **Good quality water bottle**
 - It is easy to forget to stay well hydrated at college if your own source of water is a drinking fountain. Carry a reusable plastic water bottle with you to class.
- Wallet/Purse
 - It's a good idea to always have your college ID card with you because you will need it to use most campus services. If you don't

want to always carry your wallet or purse, consider buying a card holder that will fit in your back pocket.



Keep a spare key to your car in your back pocket along with your cards in case you lock yourself out of your car. Since your parents probably don't live near you while you are in college this simple foresight will save you from future frustration.

- Umbrella
 - Bring 2 umbrellas and keep one with you in your backpack. If you have an extra umbrella to offer on a rainy day, you can usually make an instant friend.
- Computer/*Ethernet Cord/Wireless Card/Laptop Lock* and Printer
 - See Chapter 12: Computers and Technology

What NOT to bring

You will need to review the specific terms and conditions of your housing contract, but the following is a list of items that is commonly not needed or not allowed in university housing:

- Weapons
 - Including paintball guns, BB-guns, long knives or anything that could be mistaken for a weapon including water-guns.
- Drugs, alcohol or alcohol containers
 - State and federal laws on alcohol still apply on college campuses, which means if you just graduated high school you still have about three years until your 21st birthday. Most residence halls will not allow you to keep alcohol containers such as empty kegs or empty wine bottles in your room. See Chapter 15: Alcohol.
- Candles
 - Candles are prohibited due to the extreme danger an unattended open flame presents to the residence hall community. There have been several reports in the news of a candle starting a residence hall building fire causing smoke, property damage and even human fatalities. Just leave the candle at home.
- Halogen lamps
 - These reach high temperatures and are a fire hazard.
- Pets
 - Animals are not allowed in residence halls due to sanitation and health considerations as well as the fact that other people may be allergic to the animal. Some pets may be allowed, such as fish,

but you should seriously think about the time and costs involved. Any living creature will require that you take care of it every day even over school breaks. You can probably also imagine what kind of smell your room will have with keeping an animal enclosed in a small room.

- If you *really* feel the need to have a pet, consider a pet rock. They aren't too hard to catch in any parking lot or outdoor area. The added bonus, they are great pets for a busy college schedule. They don't need food or water, just a spot on your desk to sit.
- Room improvement projects (paint, window-curtains, etc)
 - You will most likely only be in your new room or apartment for less than a year. When you check out it is expected the room will be in exactly the same condition as when you moved in (less normal wear and tear) and you will be charged if there are damages, stains or holes or if they have to repaint the walls.
- Furniture
 - Check to see what is already provided with your place. If you are living in the residence halls you **won't** need to bring your bed from home. Keep in mind the size restriction of your living space, which is probably on the smaller size to begin with *and* you will most likely be sharing this space with another person.
- Appliances
 - A microwave or mini-refrigerator may already be provided with your room or in a common kitchenette area. There may also be a program at your school to rent these items. On the other hand, you might find that you don't even need these things. Anything that generates heat or has an open flame that could be a fire hazard is generally not allowed including: grills, toasters, electric sandwich makers, space heaters, etc. Leave the air conditioner at home.
- Full kitchen supplies or bulk supply of groceries
 - Most residence halls are not conducive to cooking because it is either assumed or required that you will have a meal plan for the dining center, so don't buy the case of 48 cans of soup. You also won't need a lot of dishes, silverware or pots and pans.

Buy now or later?

You might want to wait to buy some things until you actually know if you will need it. If you are waiting to buy a larger item such as a futon or loft until you arrive on campus you should consider:

1. How will you get this bulky item home when you move out in the spring? Will you need to rent a storage unit? Will it be worth paying for monthly storage?
2. If you will need the item right away you may consider buying it ahead of time because it is not uncommon for campus town stores to run out of popular items and you may have to wait a couple weeks for the next order.

Final Thoughts

You will probably forget something at home but don't sweat it, that's what care packages, visiting parents or trips home are all about. If you don't have a stereo or TV you don't need to run out and buy one. You can fill in any gaps over the next couple years by asking for these items as birthday or holiday gifts. But you will want to budget some money for unknown incidental expenses that you can't foresee during the first couple weeks.

Points to Ponder

- You will probably have a roommate and it is a good idea to coordinate beforehand what each of you will be bringing.
- The more you bring, the more you have to move and the more crowded your room will be.
- 100 college freshmen were polled by the authors and found:
 - **Things people forgot:** Pictures, junk food, hair straightener, door stop, rug, slippers, shelves, picture frames, decorations, DVDs, posters, extension cords, dishes/silverware, printer paper, air freshener, white board, alarm clock, batteries, soap, workout tape, snowboard, my comfy chair, power strip, hangers, rollerblades, basic t-shirts, toothbrush
 - **Things people brought but don't need:** Lamp, blanket, too many shoes and laundry baskets, huge safe, iron, markers, too many towels and boxes, extra make up, sweaters so soon, cooking utensils, so many big tub containers