

Dorm Shopping

TIPS AND LISTS
FOR DORM LIVING

GUIDE



College Move-In Is Approaching!

Your student is preparing to leave home to embark on an exciting new chapter of their lives! What an accomplishment.

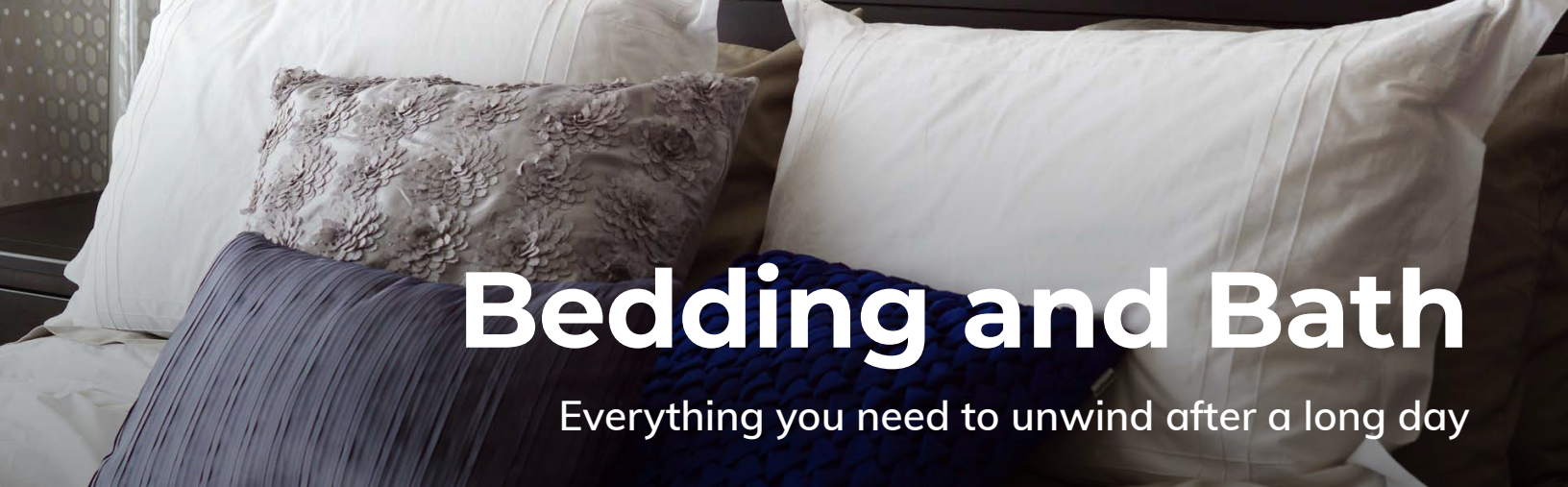
College is an incredible time of growth and independence, but it can also be a bit daunting at first. This will be your student's first time living on their own, and that's an adjustment for both you and your student.

While there are many exciting aspects of living in a college dorm, the experience comes with challenges, too. Does your student understand how to effectively share their space with a roommate? Do they know how to handle conflict or who to ask for help when needed? Having a comfortable living space will be key in helping them decompress after a long day of new classes, new friends and new experiences.

We've compiled a comprehensive list of dorm room living tips and tricks to help your student create a home away from home, so they'll always have an oasis to relax in whenever they start to feel overwhelmed.

Help your student prepare for this new chapter in their lives by making sure they have everything they need for a happy and successful freshman year.





Bedding and Bath

Everything you need to unwind after a long day

Quality Sleep is Essential

Falling asleep in a campus residence hall can be like trying to nap at a football game. No matter how good your student's sleep habits are when they're home, in college, constant interruptions, noise from the hallway and roommates turning on lights at odd hours can all make it difficult to catch zzz's. Lack of sleep has a huge impact on our overall state of health and wellbeing and it's crucial that your college student gets enough rest!

OUR BODIES ARE SUPER BUSY WHILE WE SLUMBER. DURING SLEEP WE FIX DAMAGED TISSUE, TOXINS ARE PROCESSED AND ELIMINATED, HORMONES ESSENTIAL FOR GROWTH AND APPETITE CONTROL ARE RELEASED AND RESTOCKED, AND ENERGY IS RESTORED.

OUR TOP PICKS



Cooling Mattress Topper

For the many residence halls that do not have air conditioning.



Pillows

A comfy place to rest their head at night is essential..



Shower Caddy

Keep your things organized and dry.



Sheet Sets

Pick up at least two of these for when the laundry has to wait a few days.



Quick-Dry Bath Towels

Quick-dry bath towels save your student time and space.



Lightweight Comforter

Lightweight comforters are great all year-round.

Food & Snacks

Recipes and tools for when the dining hall is closed.

8 Quick Dorm Room Recipes:

- 1** **Microwave Nachos**
Needs: Chips, Cheese, and Toppings!
- 2** **Overnight Oats**
Needs: Mason Jars, Oats, and your Favorite Toppings!
- 3** **Choco Chip, PB, Banana Sandwiches**
Needs: Bread, Chocolate Chips, Peanut Butter, Bananas!
- 4** **Spaghetti and Meatballs**
Needs: **Barilla Ready Pasta**, Marinara Sauce, Frozen Meatballs!
- 5** **Quesadilla Pizza**
Needs: Tortilla Wraps, Cheese, Marinara Sauce, Toppings!
- 6** **Burrito Bowl**
Needs: Microwaveable Rice, Beans, Cheese, Veggies, Meat!
- 7** **Smoothie Bowl**
Needs: Frozen Fruit, Milk/Milk Substitute, Granola, Toppings!
- 8** **Apples and Peanut Butter**
Needs: Apple, Peanut Butter, Sprinkle of Sugar!

TOP ITEMS ON OUR LIST:



Personal Blender

Make smoothies, dips, milkshakes and more!



Protein Snacks

Keep these in your backpack for a quick pick-me-up between classes.



Single Serve Coffee Maker

Skip the Starbucks and make a delicious coffee at home!



Small Utensil Kit

Having the essentials will make eating in your room much easier!

Personal Health

Don't forget these personal hygiene basics!



When students get busy, it can be easy to let self-care slide down the list of priorities, but having **a consistent hygiene routine** is important for maintaining **mental** and **physical wellbeing**. Good hygiene can also positively impact your self-confidence and your personal relationships, but it is crucial for preventing the spread of diseases and illnesses. Make sure your student has everything they need to maintain a consistent hygiene routine!

OUR TOP PICKS



Wet Brush

Protect hair while keeping it tangle-free – wet or dry!



Gentle Face Wash

Day and night, face wash is essential.



Rechargeable Toothbrush

Save the planet and your teeth with a rechargeable toothbrush!



Silicon Body Scrubber

Skip the loofah and get this body scrubber instead!



Aquaphor

A multi-use helper for dry skin and more!



Shower Shoes

Shower shoes are a must for dorm living.

Cleaning

Tips and tricks for keeping your living space tidy



Things to Discuss With Your Roommate

Is there a particular time that each of you want the lights off/quiet hours?

How will you handle guests?

How often do you want to clean and when?

How are you handling room supplies (splitting, trading off, or buying your own)?

Are you going to utilize the side rule (what's on my side is my problem and vice versa)?

Tips for Keeping Your Dorm Room Spotless:

- 1** Set up a weekly cleaning schedule.
This makes the mess seem manageable.
- 2** Keep cleaning supplies readily available.
Adding an extra step will make you much less likely to clean!
- 3** Take out the trash regularly.
Letting things pile up only makes it more of a chore.
- 4** Clean up any spills or messes immediately.
Spilled juice gets harder to clean over time and can attract bugs.
- 5** Use Google for how-to's on cleaning anything!
Google will be your quick teacher for all things cleaning.



Surface Disinfectant

A fresh scent, antibacterial, and eco-friendly? Yes, please.



Room Freshener

Sometimes stale dorm room air needs a little refresh.



Handheld Vacuum

For the crumbs, mishaps, and dust that creeps in.



Socializing

Get excited to make new friends!

Tips for Making New Friends:

- 1** Take things one step at a time and don't let your anxiety steal the show.
- 2** Bring along an activity or game you enjoy and invite people over to play.
- 3** Make a note of on-campus events or activities to attend.
- 4** Introduce yourself to everyone! You never know who you'll hit it off with.
- 5** Keep your dorm room door open so people can stop in and say hi.
- 6** Keep an open mind and an optimistic attitude.

Structured Bean Bag Chair

An extra seat that doesn't take up too much space.



Picnic Set

Sit outside and enjoy lunch with friends!

Mini Projector

Make any space a movie theater or gaming room!



Support A Hobby

The best way to meet friends is while doing something you both enjoy.

Games

Get to know new people without the pressure!



Spikeball

A compact game full of outdoor fun!



De-stress

Our favorites for relaxation and self-care

Essential Oil Diffuser

Blends can help with focus, relaxation, and energy!

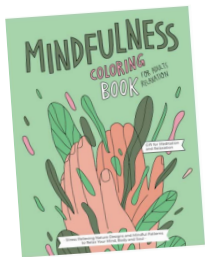


Noise-Cancelling Headphones

Sometimes you just need to zone out.

Blue Light Blocking Glasses

Reduce headaches, lack of focus, and fatigue!



Adult Coloring Book

Relax your mind with some coloring.

Acupressure Mat

For back and neck pain relief and muscle relaxation.



Reduce Your Stress:

- 1** Make a study schedule (with study breaks).
Study breaks give your brain time to rest and recharge.
- 2** Stay hydrated.
Being dehydrated causes fatigue, headaches, and difficulty focusing.
- 3** Nourish your body and brain.
Your body needs fuel to function correctly!
- 4** Attend to self-care.
Taking time for yourself is necessary.
- 5** Focus on sleep quantity and quality.
Sleep is the key to our minds and bodies functioning correctly.
- 6** Try out your school's mental health services.
They want to help with problems big or small.
- 7** Take a break from your devices.
Constant screentime is exhausting.
- 8** Practice deep breathing or meditation.
Focusing on your breathing can calm the mind.
- 9** Find a hobby that you love.
Engaging in a hobby can lift your mood.



Amidst the hustle and bustle of preparing for college, make sure to fit in quality time with your student. Whether it's exploring their new college town together, a nostalgic family activity, or a simple home-cooked meal, it's a chance to remind them (again) that you're always just a phone call away whenever they need anything.

Squeeze in extra hugs whenever appropriate and have faith that you've done everything needed to prepare them for this new adventure!

CollegiateParent is here to answer your questions and walk beside you throughout the college years. Explore our website, join our Facebook group and sign up for our parent newsletter, the Loop.

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Dorm Shopping Checklist

Bed & Bath

- Cooling Mattress Topper
- Pillows
- Lightweight Comforter
- Sheet sets (XL Twin)
- Quick-Dry Bath Towels
- Shower Caddy
- Throw Blanket

Personal Health

- Wet Brush
- Gentle Face Wash
- Rechargeable Toothbrush
- Silicon Body Scrubber
- Aquaphor
- Shower Shoes
- Prescriptions
- Glasses/Contacts
- First Aid Kit
- Tissues
- Toiletries

Socializing

- Structured Bean Bag Chair
- Mini Projector
- Games
- Picnic Set
- Support a Hobby
- Spikeball

Cleaning/Organizing

- Surface Disinfectant
- Broom
- Handheld Vacuum
- Room Freshener
- Trash Bags
- Personal Trash Can
- Laundry Bag
- Hangers
- Wall Hooks
- Sewing Kit/Tool Kit

Food & Snacks

- Personal Blender
- Protein Snacks
- Single Serve Coffee Maker
- Small Utensil Kit
- Reusable Grocery Bags
- Brita Water Filter
- On-The-Go Snacks
- Reusable Tupperware
- Reusable Mug

Destress

- Essential Oil Diffuser
- Noise Cancelling Headphones
- Blue Light Blocking Glasses
- Adult Coloring Book
- Acupressure Mat

Clothing

- 1-2 weeks worth of Seasonal Basics
- Footwear
- Outerwear/Rain Gear
- Workout/Athletic Gear
- Sleepwear/Robe
- Extra Socks/Underwear
- 2 Professional/Semiformal Outfits
- Accessories (Belts, Scarves, Ties)
- Umbrella

School Supplies

- Laptop
- Planner/Calendar
- Long Extension Cord
- Power Brick/Strip
- Backup Hard Drive/Flash Drive
- Adapters/Chargers
- Basic Office Supplies
- Backpack
- Computer Case

