



College Survival Kit: Freshman Year Essentials for Girls

MEDICATION

- ☐ Pain Reliever
- ☐ Allergy Medicine
- ☐ Cough Drops
- ☐ Vitamin C
- ☐ Throat Spray
- ☐ Tissues
- ☐ Eye Drops

SHOWER

- ☐ Shampoo
- ☐ Conditioner
- ☐ Soap
- ☐ Body Wash
- ☐ Razors
- ☐ Shower Shoes
- ☐ Robe
- ☐ Towels
- ☐ Washcloths
- ☐ Face Masks
- ☐ Comb
- ☐ Hair Dryer
- ☐ Shower Caddy
- ☐ Loofah

PERSONAL

- ☐ Tampons
- ☐ Pads
- ☐ Sanitary Wipes
- ☐ Cramp Medicine
- ☐ Heating Pad
- ☐ Toilet Paper
- ☐ Carrying Case

LAUNDRY

- ☐ Detergent
- ☐ Fabric Softener
- ☐ Laundry Basket
- ☐ Stain Remover
- ☐ Quarters
- ☐ Dryer Sheets

OTHER

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

ORAL CARE

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental Floss
- ☐ Lip Balm
- ☐ Retainer + Case
- ☐ Whitening Gel
- ☐ Mouthwash

COMFORT

- ☐ Bean Bag/Chair
- ☐ Blanket (XL)
- ☐ Sheets (XL)
- ☐ Pillowcase
- ☐ Headphones
- ☐ Slippers
- ☐ Cozy Blanket
- ☐ Mattress Topper
- ☐ Pillows
- ☐ Comforter
- ☐ Fuzzy Socks
- ☐ Personal Fan
- ☐ String Lights
- ☐ Fuzzy/Soft Rug

NAIL CARE

- ☐ Nail File
- ☐ Clippers
- ☐ Cuticle Trimmer
- ☐ Polish Remover
- ☐ Nail Polish

ROOM

- ☐ Cups/Mugs
- ☐ Bowls
- ☐ Plates
- ☐ Silverware
- ☐ Dish Detergent
- ☐ Can Opener
- ☐ Tape
- ☐ Masking Tape
- ☐ Flashlight
- ☐ Trash Bags
- ☐ Batteries
- ☐ Stamps
- ☐ Envelopes
- ☐ Hangers
- ☐ Storage
- ☐ Cleaning Supplies

FIRST AID

- ☐ Bandages
- ☐ Antibacterial Ointment
- ☐ Rubbing Alcohol
- ☐ Peroxide
- ☐ Cotton Balls
- ☐ Cotton Swabs
- ☐ Scissors
- ☐ Thermometer
- ☐ Bug Spray
- ☐ Tweezers
- ☐ Gauze

ELECTRONICS

- ☐ Surge Protector
- ☐ Extension Cord
- ☐ Laptop
- ☐ Phone
- ☐ iPad/Reader
- ☐ Chargers
- ☐ Flash Drives
- ☐ External Hard Drive
- ☐ Calculator
- ☐ Printer/Ink/Paper