

# Dorm Checklist

## KITCHEN

- ☐ Bag Clips
- ☐ Can/Bottle Opener
- ☐ Chip clips
- ☐ Coffee filters
- ☐ Coffee Maker
- ☐ Coffee maker/hot pot
- ☐ Coffee mugs
- ☐ Cook Books / Recipes
- ☐ Cookware/Bakeware
- ☐ Cups
- ☐ Dining table
- ☐ Dinnerware/Glassware
- ☐ Dish Cloth
- ☐ Dish Detergent
- ☐ Dish drainer
- ☐ Dish soap
- ☐ Dish Towel
- ☐ Food storage containers
- ☐ Fork, knife, spoon
- ☐ Glasses
- ☐ Hot Plate
- ☐ Kitchen Chairs
- ☐ Kitchen Utensils
- ☐ Knife
- ☐ Microwave
- ☐ Microwave/toaster oven
- ☐ Microwave-safe containers
- ☐ Mini refrigerator
- ☐ Oven Mitt
- ☐ Paper Towels
- ☐ Pitcher
- ☐ Pizza Cutter
- ☐ Plastic bowl and cup
- ☐ Plastic Food Containers
- ☐ Plastic Glasses
- ☐ Plastic Plates & Bowls
- ☐ Portable Water Filter

- ☐ Pots/pans
- ☐ Reusable grocery bags
- ☐ Toaster Oven
- ☐ Travel mug
- ☐ Utensils
- ☐ Water Bottle
- ☐ Ziploc Bags
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## FOOD

- ☐ Bottled Water
- ☐ Candy
- ☐ Canned soup
- ☐ Cereal
- ☐ Chips
- ☐ Coffee
- ☐ Condiments
- ☐ Energy drinks
- ☐ Favorite Snacks
- ☐ Frozen pizza
- ☐ Fruit cups
- ☐ Gum
- ☐ Juice Boxes
- ☐ Nuts
- ☐ Packaged Foods
- ☐ Peanut Butter & Jelly
- ☐ Popcorn
- ☐ Power Bars
- ☐ Ramen Noodles
- ☐ Soda
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# Dorm Checklist

## ELECTRONICS

- ☐ Adapters 3-2 prong
- ☐ Air Purifier
- ☐ Alarm Clock Radio or MP3 docking
- ☐ Answering Machine
- ☐ Blank CDs/DVDs
- ☐ Calculator
- ☐ Camera
- ☐ CD Player
- ☐ CDs
- ☐ Cell Phones / PDAs
- ☐ Charging Station
- ☐ Computer / Laptop
- ☐ Computer speakers
- ☐ Desktop Monitor
- ☐ DVD player
- ☐ DVDs
- ☐ Ethernet cable
- ☐ Extension cords
- ☐ Fan
- ☐ Flash drive
- ☐ Floor lamps
- ☐ Handheld vacuum
- ☐ Headphones
- ☐ Humidifier
- ☐ Internet Access / Wireless
- ☐ iTunes card
- ☐ Keyboard
- ☐ Laptop case
- ☐ Mouse & Pad
- ☐ MP3 Player/Speakers
- ☐ Night light
- ☐ Noise canceling headphones
- ☐ Paper shredder
- ☐ Phone (Check with roommate(s) to avoid duplication.)
- ☐ Portable Hard Drive
- ☐ Printer/Paper/Toner
- ☐ Scanner
- ☐ Software / PC Security
- ☐ Stereo/Sound system
- ☐ Surge protector
- ☐ TV and VCR/DVD player
- ☐ Universal remote
- ☐ Vacuum
- ☐ Video game system, accessories
- ☐ Webcam
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# Dorm Checklist

## ROOM NEEDS/STORAGE

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|--|---|
| <input type="checkbox"/> Adhesive hooks, tacky adhesive, and mounting tape | <input type="checkbox"/> Magazine rack            |
| <input type="checkbox"/> Aerobed   | <input type="checkbox"/> Nightstand               |
| <input type="checkbox"/> Area Rug  | <input type="checkbox"/> Ottoman                  |
| <input type="checkbox"/> Area Rug  | <input type="checkbox"/> Over the Door Organizers |
| <input type="checkbox"/> Backpacks/Duffel Bags                             | <input type="checkbox"/> Photo box                |
| <input type="checkbox"/> Batteries   | <input type="checkbox"/> Picture Frames           |
| <input type="checkbox"/> Bookcase  | <input type="checkbox"/> Posters/Wall Art         |
| <input type="checkbox"/> Bulletin board and push pins                      | <input type="checkbox"/> Potted Plants            |
| <input type="checkbox"/> Cap Organizer                                     | <input type="checkbox"/> Quilts                   |
| <input type="checkbox"/> CD/DVD Storage                                    | <input type="checkbox"/> Sewing kit               |
| <input type="checkbox"/> Chair   | <input type="checkbox"/> Shoe rack                |
| <input type="checkbox"/> Clocks  | <input type="checkbox"/> Shoe Storage             |
| <input type="checkbox"/> Closet organizers                                 | <input type="checkbox"/> Shower curtain           |
| <input type="checkbox"/> Clothes Hamper                                    | <input type="checkbox"/> Side chair               |
| <input type="checkbox"/> Crates  | <input type="checkbox"/> Side tables              |
| <input type="checkbox"/> Curtains  | <input type="checkbox"/> Snap-on Lamp             |
| <input type="checkbox"/> Decorative pillows                                | <input type="checkbox"/> Sofa bed                 |
| <input type="checkbox"/> Desktop storage                                   | <input type="checkbox"/> Space Bags               |
| <input type="checkbox"/> Digital picture frame                             | <input type="checkbox"/> Stacking baskets         |
| <input type="checkbox"/> Door Mirror                                       | <input type="checkbox"/> Step Stool               |
| <input type="checkbox"/> Drawer Organizers                                 | <input type="checkbox"/> Storage Containers       |
| <input type="checkbox"/> Dry erase wall calendar/board                     | <input type="checkbox"/> Storage Cubes            |
| <input type="checkbox"/> Duct tape   | <input type="checkbox"/> Storage Trunk with Lock  |
| <input type="checkbox"/> Family Photos                                     | <input type="checkbox"/> Stuffed Animal           |
| <input type="checkbox"/> First-Aid Kit                                     | <input type="checkbox"/> Throw Pillows            |
| <input type="checkbox"/> Flashlight  | <input type="checkbox"/> Toolkit                  |
| <input type="checkbox"/> Floor Cushions                                    | <input type="checkbox"/> TV stand                 |
| <input type="checkbox"/> Futon/Cover                                       | <input type="checkbox"/> Umbrella                 |
| <input type="checkbox"/> Hangers   | <input type="checkbox"/> Underbed Storage         |
| <input type="checkbox"/> Holiday Decorations                               | <input type="checkbox"/> Wastepaper basket        |
| <input type="checkbox"/> Inflatable Chair                                  | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Jewelry Organizers                                | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Laundry basket                                    | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Light Bulbs                                       | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Lounge Chairs                                     | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Luggage   | <input type="checkbox"/> _____                    |

# Dorm Checklist

## BEDDING/LINENS

- ☐ Backrest
- ☐ Bed risers
- ☐ Bedding Accessories
- ☐ Bedside lamp
- ☐ Blankets
- ☐ Blankets/Throws
- ☐ Body pillow
- ☐ Comforter and duvet cover
- ☐ Eye mask
- ☐ Headrest pillow
- ☐ Mattress pad
- ☐ Night-light
- ☐ Pillowcases (2)
- ☐ Pillows (2)
- ☐ Sets of twin sheet sets (2) (twin extra long or twin regular – check)
- ☐ Sleeping Bag
- ☐ Throw pillows
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## CLEANING/LAUNDRY SUPPLIES

- ☐ All-purpose cleaner
- ☐ Clothes Hangers
- ☐ Clothing drying rack
- ☐ Fabric Softener
- ☐ Garment Steamer
- ☐ Iron & Ironing Board
- ☐ Iron / Ironing Mat
- ☐ Laundry Basket/Pop Up Hamper
- ☐ Laundry detergent (tablets are easiest to manage)
- ☐ Laundry marking pen
- ☐ Laundry stain remover
- ☐ Lint brush
- ☐ Lysol
- ☐ Paper towels
- ☐ Quarter dispenser
- ☐ Roll(s) of quarters
- ☐ Sewing kit
- ☐ Tissues
- ☐ Towels (3 each of bath, hand, and face)
- ☐ Trash bags
- ☐ Wet wipes
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# Dorm Checklist

## TOILETRIES/BATH

- |   |  |
|---|--|
| <input type="checkbox"/> Acne Cream                       | <input type="checkbox"/> Mirror                            |
| <input type="checkbox"/> Adhesive Strips                  | <input type="checkbox"/> Mouthwash                         |
| <input type="checkbox"/> Antibiotic Cream                 | <input type="checkbox"/> Nail Clippers                     |
| <input type="checkbox"/> Aspirin or ibuprofen             | <input type="checkbox"/> Over the Door Towel Rack          |
| <input type="checkbox"/> Band-Aid® bandages               | <input type="checkbox"/> Pepto Bismol/Alka Seltzer/Antacid |
| <input type="checkbox"/> Bath rug                         | <input type="checkbox"/> Prescription Medication           |
| <input type="checkbox"/> Bath Soap/Body Wash              | <input type="checkbox"/> Razor                             |
| <input type="checkbox"/> Bathrobe                         | <input type="checkbox"/> Robe & Slippers                   |
| <input type="checkbox"/> Bathroom Cup                     | <input type="checkbox"/> Shampoo & Conditioner             |
| <input type="checkbox"/> Body Brush                       | <input type="checkbox"/> Shaving cream                     |
| <input type="checkbox"/> Body wash                        | <input type="checkbox"/> Shower Caddy                      |
| <input type="checkbox"/> Brush & Comb                     | <input type="checkbox"/> Shower Curtain/Liner              |
| <input type="checkbox"/> Conditioner                      | <input type="checkbox"/> Shower Radio                      |
| <input type="checkbox"/> Contact Lens Solution            | <input type="checkbox"/> Shower tote/Caddy                 |
| <input type="checkbox"/> Cosmetics / Fragrance            | <input type="checkbox"/> Soap Holder                       |
| <input type="checkbox"/> Cotton Balls                     | <input type="checkbox"/> Sponge/Loofa                      |
| <input type="checkbox"/> Cotton Swabs                     | <input type="checkbox"/> Tissues                           |
| <input type="checkbox"/> Cough drops                      | <input type="checkbox"/> Toothbrush Holder                 |
| <input type="checkbox"/> Curling Iron                     | <input type="checkbox"/> Toothpaste                        |
| <input type="checkbox"/> Decongestants                    | <input type="checkbox"/> Tweezers                          |
| <input type="checkbox"/> Dental floss                     | <input type="checkbox"/> Vanity mirror                     |
| <input type="checkbox"/> Deodorant                        | <input type="checkbox"/> Vapor Rub                         |
| <input type="checkbox"/> Diarrhea Medicine                | <input type="checkbox"/> Vitamins                          |
| <input type="checkbox"/> Electric or manual razors        | <input type="checkbox"/> Washcloths                        |
| <input type="checkbox"/> Electric toothbrush              | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Eye Drops                        | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Eyeglasses / Contact Lenses      | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Facial skin care                 | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Flip flops or shower shoes       | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Full-length door mirror          | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hair dryer                       | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hair straightener                | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hair-styling products            | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hand / Body Lotion               | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hand Towels                      | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hot/Cold Packs                   | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Lotion and/or facial moisturizer | <input type="checkbox"/> _____                             |

# Dorm Checklist

## DESK/STUDY

- |   |  |
|---|--|
| <input type="checkbox"/> Address Book                       | <input type="checkbox"/> Post-it Notes                     |
| <input type="checkbox"/> Assignment book                    | <input type="checkbox"/> Reference Books                   |
| <input type="checkbox"/> Backpack or Messenger Bag          | <input type="checkbox"/> Rubber Bands                      |
| <input type="checkbox"/> Binders/dividers                   | <input type="checkbox"/> Ruler                             |
| <input type="checkbox"/> Book Light                         | <input type="checkbox"/> Scissors                          |
| <input type="checkbox"/> Bookcase                           | <input type="checkbox"/> Shelves                           |
| <input type="checkbox"/> Calculator                         | <input type="checkbox"/> Stackable desk trays (at least 4) |
| <input type="checkbox"/> Calendar                           | <input type="checkbox"/> Stapler Remover                   |
| <input type="checkbox"/> Comfortable desk chair             | <input type="checkbox"/> Tape                              |
| <input type="checkbox"/> Date Book/Organizer                | <input type="checkbox"/> Textbooks (Used)                  |
| <input type="checkbox"/> Desk                               | <input type="checkbox"/> Three-hole Punch                  |
| <input type="checkbox"/> Desk Accessories                   | <input type="checkbox"/> White-Out                         |
| <input type="checkbox"/> Desk Lamp                          | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Desktop Organizer                  | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Dictionary and thesaurus           | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Dry erase board                    | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Envelopes                          | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Erasers                            | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> File Cabinet                       | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Glue                               | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Hanging files or folders           | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Heavy-duty stapler and staples     | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Highlighter pens (multiple colors) | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Index Cards                        | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Ink                                | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Labels of various sizes            | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Laptop case                        | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Locking file cabinet               | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Markers                            | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Message/Cork Board                 | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Notebooks                          | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Notepaper                          | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Paper Clips                        | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Paper Shredder                     | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Pencil holder and sharpener        | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Pens & Pencils                     | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Postage Stamps                     | <input type="checkbox"/> _____                             |

# Dorm Checklist

## CLOTHING

- ☐ 1 pair of boots
- ☐ 1 pair of dress shoes
- ☐ 1 set of business attire
- ☐ 1 set of semi-formal attire
- ☐ 14 shirts/blouses
- ☐ 2 pairs of sneakers or comfortable/walking shoes
- ☐ 2 sets of sweats
- ☐ 21 pairs of socks (more if you play sports)
- ☐ 21 pairs of underwear
- ☐ 3 pairs of pajamas
- ☐ 7 pairs of pants/jeans
- ☐ Belts
- ☐ College sweatshirt
- ☐ Dress Clothes
- ☐ Gloves/scarf/hat (if appropriate)
- ☐ Jewelry & Watch
- ☐ Light/heavy jackets
- ☐ Nylons
- ☐ Purse
- ☐ Robe
- ☐ Shirts
- ☐ Shorts
- ☐ Slippers and/or flip-flops
- ☐ Sweaters
- ☐ Swim Suit
- ☐ T-Shirts
- ☐ Underwear
- ☐ Workout Clothes
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## MISCELLANEOUS

- ☐ Batteries
- ☐ Beach Towel
- ☐ Bike
- ☐ Bike helmet
- ☐ Bike lock
- ☐ Board Games
- ☐ Bug Spray
- ☐ Camera & Film
- ☐ Duffle bag
- ☐ Earplugs
- ☐ Fitness DVDs
- ☐ Outlet Strips
- ☐ Repair Kit
- ☐ Room Fragrancers
- ☐ Safety Pins
- ☐ Safety Whistle
- ☐ Scale
- ☐ Sewing Kit
- ☐ Sports Equipment
- ☐ Sunglasses
- ☐ Umbrella
- ☐ Water Bottle
- ☐ Weights
- ☐ Workout gear
- ☐ Yoga mat
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# Dorm Checklist

## VITAL INFORMATION

- ☐ Bank Account Info/ Checks
- ☐ Copy of Don't Lose All Your Stuff At College
- ☐ Credit Card
- ☐ Driver's License
- ☐ Financial Aid Forms
- ☐ Medical Insurance Card
- ☐ Registration Information
- ☐ Renter's Insurance
- ☐ Student ID
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## TO DO

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## THINGS TO REMEMBER

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# The Answer Series™ by nokep.org

*Because Life doesn't come with a  Pause Button*

## Workbooks & Action Plans

How do I keep my Family safe in a sudden emergency? [How do I protect my College Student when she's away from home?](#) [How can I make sure my Patient's loved ones arrive when they're needed most?](#) [How do I keep all my things safe during a disaster?](#) There's a storm coming and I have to evacuate – what should I do?



### ***Don't Lose All Your Stuff In A Hurricane!***

If a hurricane, earthquake, or tornado struck right now, would you be ready? If you're like most people, the answer is NO! "Don't Lose Your Stuff In A Hurricane" is a step by step plan that shows you how to gather and secure all your vital information, the people and the things you love and keep them safe in a major emergency or and natural disaster. It **includes action plans, checklists, Grab It & Go Forms & Wallet Cards for each member of the family.** "Don't Lose All Your Stuff In A Hurricane" is quick, easy and will have you up and running in one afternoon. Available in:

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### ***Ready In 10!***

"Ready In 10" picks up where our first book, "Don't Lose All Your Stuff in A Hurricane!" left off. The Hurricane book shows you **why** your family needs to be prepared and gives you the **resources** to get started. "Ready In 10" tells you **how to do it.** With this workbook, you'll receive all the action plans, checklists, Grab It & Go Forms & Wallet Cards you need to be **ready to deal with any disaster or emergency in 10 minutes or less.** Available in:

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### ***Don't Lose All Your Stuff (or your Kid) At College! – Parent & Student Editions***

Most parents assume college is just an offshoot of high school. They think the moment their college student so much as trips and breaks a wrist he'll be whisked off to the office, where his emergency medical card will be pulled from the file, and will accompany him, to the nearest emergency room for immediate treatment. Unfortunately nothing could be further than the truth. With "Don't Lose All Your Stuff At College", you'll learn what your college student needs to stay safe in nearly any situation. You'll also receive **comprehensive Grab it and Go Forms to capture your student's vital documents, medical background, emergency contacts and full dorm inventory, emergency contacts** – all the vital information she could ever need right at her or her fingertips, 24/7. It's quick, it's easy and you can be up and running in one afternoon! Available in:

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### ***Creating A Next of Kin Notification Program***

What if you could locate your patient's next of kin and medical history quickly and easily? What if there was as a simple plan you could use to reduce liability and increase patient safety in Seven Steps? What if you could seamlessly implement the process in your facility in 90 days or less? Now you can! In "Creating a Next of Kin Notification Program", you'll receive the tools your facility needs to locate an unconscious patient's emergency contact information, perform next of kin notifications and obtain informed consent, quickly and easily. With easy to follow benchmarks, the program has everything that hospitals need to train trauma team members to perform next of kin notifications quickly and easily in every situation, **and everything you need to create your own Notification Program.** It's quick, easy & you can be up and running within 90 days! Available in:

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## THE ANSWER SERIES

Ready to kick you and your family's, college student's or patient's safety up a notch? Check out the Answer Series, where you'll find workbooks and full action plans like "Don't Lose All Your Stuff in a Hurricane!" They're available in a spiral bound workbook, on CD or for a limited time, you can download a free eWorkbook from our website.



## FREE DOWNLOADABLE GUIDES

Be sure to grab your free downloads for information on surviving hurricanes, tornadoes, earthquakes, floods, dorm checklists and other disasters. And for those health care workers out there, you'll also find books like the Seven Steps to Successful NOK notification.



## ARTICLES

Here you'll find articles on subjects including: Keeping your Family and College Student safe in nearly any situation, Patient Safety, Enhancing Communication and Quick & Easy Next of Kin Notification



## VIDEOS

Here you'll find videos on subjects including Hurricane, Tornado and Evacuation planning and preparation and Leeza Gibbons speaking on behalf of our Next of Kin Law.



## BLOGS

[Family Safety Blog](#)

[College Student Safety Blog](#)

[Notification/Patient Safety Blog](#)



## MEDIA

Here you'll find media coverage on The Next of Kin Education Project, Stuf & our legislative efforts including the Next of Kin Laws



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Introducing Ready In 10! How would you like to be ready for any kind of emergency, disaster or evacuation in 10 minutes or less? No sweat. Watch our website for details on our newest Workbook & Action Program – Ready In 10!