### WHAT TO BRING:

#### FOR THE ENVIRONMENT
- Power strip
- Reusable water bottle & mug
- Reusable dishes, silverware & straw
- Reusable shopping bags
- Small plant

#### FOR SHOWERING
- Toiletries
- Towels & washcloth
- Bathrobe
- Hair dryer/straightener

#### FOR SLEEPING
- Pillow(s)
- Comforter & blanket
- Alarm clock
- Sleep mask/ear plugs
- White noise machine
- Sheet set*

  *Bed sizes vary by building. Please wait for your building assignment prior to purchasing bedding.

#### FOR OUTFITTING
- San Diego appropriate clothing
- Shoes
- Hangers
- Laundry hamper
- Detergent

#### FOR STUDYING
- Computer/laptop/tablet
- School supplies
- USB flash drive
- Headphones
- Backpack
- Desk lamp (non-halogen)

#### FOR COVID-19 PREVENTION & GENERAL CARE
- Facial coverings (x5)
- Thermometer
- Basic over the counter medications
- Hand sanitizer (at least 60% alcohol base)
- Health insurance card (or photos of your card)
- Immunization records
- Bandaids & basic first aid supplies
- Sunscreen
- Disinfectant wipes
- Nitrile or latex gloves

#### FOR EVERYTHING ELSE
- Decorations
- TV
- Mirror
- Storage containers
- Umbrella
- Small fan
- Pots & pans
- Toilet paper
- Cleaning supplies
- Garbage bags (6-10 gallon)
- Emergency kit (flashlight, water & medication)

### WHAT NOT TO BRING
- Furniture (provided)
- Microwave & refrigerator (provided)
- Extension cords
- Flushable wipes
- Hanging artwork
- Candles, incense & other flammables