

# AMERICAN UNIVERSITY NEW STUDENT ORIENTATION

## "WHAT TO BRING" CHECKLIST

We here at New Student Programs thought that we would draw up a list of items that we find helpful in everyday life. The list isn't everything that you need, but in the metro DC area there are plenty of places to go and supplement the items you find you need as the year goes on.

Note: Standard residence hall rooms are approximately 12' x 15'. Double rooms are equipped with two standard twin size beds, two desks with chairs; two bookcases; and two Ethernet hookups; and built-in storage cabinets and closets. Triple rooms are equipped with three of each of the aforementioned items, except built-in units.

### IMPORTANT TO DAILY LIFE

#### LINENS/BEDDING

STANDARD TWIN SIZE SHEET SET  
(SHEETS AND PILLOWCASES)  
BLANKETS/COMFORTER<sup>1</sup>  
PILLOWS  
ALL NATURAL ORGANIC COTTON BEDDING\*

#### DESK SUPPLIES

PENCILS/PENS  
DESK LAMP/READING LIGHT<sup>4</sup>  
PAPER (PRINTER/LOOSE LEAF)  
NOTEBOOKS/3-RING BINDERS  
STAPLER/STAPLES  
CALCULATOR  
SCISSORS  
RULER/STRAIGHT EDGE  
THANK-YOU CARDS/ STATIONARY  
PAPER CLIPS/RUBBER BANDS

#### GENERAL ROOM NEEDS

TOUCH-TONE PHONE  
TRASH CAN<sup>6</sup>  
DRY ERASE MEMO BOARD FOR DOOR

#### ROOM AESTHETICS

ROOM DECORATIONS  
TAPE/MOUNTING SQUARES<sup>7</sup>  
POSTERS/PICTURES  
PLASTIC HOOKS

#### MAJOR APPLIANCES (IMPORTANT, BUT NOT CRUCIAL)

TELEVISION  
STEREO/CD PLAYER<sup>8</sup>  
COMPUTER (PC/LAPTOP)<sup>9</sup>  
VCR  
DVD PLAYER  
PORTABLE CD PLAYER OR IPOD

#### TOILETRIES/SUNDRIES

TOWELS/BATHROBE  
SHAMPOO/CONDITIONER  
TOOTHBRUSH  
TOOTHPASTE  
SOAP  
SHOWER CADDY<sup>2</sup>  
ASPIRIN/IBUPROFEN/MEDS.  
BAND-AIDS  
TISSUES  
THERMOMETER  
SHOWER SHOES<sup>5</sup>

#### LAUNDRY NEEDS

DETERGENT  
DRYER SHEETS  
FABRIC SOFTENER  
STAIN STICK  
LAUNDRY BASKET

#### DAILY LIFE

BACKPACK/MESSENGER BAG  
UMBRELLA  
ALARM CLOCK  
CALENDAR  
DICTIONARY/THESAURUS  
ADDRESS BOOK  
WEEKLY PLANNER  
HANGERS  
SURGE PROTECTOR<sup>3</sup>

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## "WHAT TO BRING" CHECKLIST

### GOOD IDEA TO HAVE...

#### COOKING SUPPLIES

POTS/PANS  
CONTAINERS/TUPPERWARE  
PAPER TOWELS  
PLATES/SILVERWARE/CUPS  
MEASURING SPOONS/CUPS  
HOT POT/COFFEE MAKER/TEAPOT<sup>10</sup>  
DISH TOWELS AND DISH SOAP

#### CLEANING MATERIALS

WINDEX/WINDOW CLEANER  
DUST BUSTER/SMALL VACUUM  
LINT BRUSH

#### MISCELLANEOUS

OVER THE DOOR HOOKS  
SEWING KIT  
FLASHLIGHTS  
HAMMER/SCREWDRIVER  
IRON/IRONING BOARD<sup>12</sup>  
SLEEPING BAG (FOR GUESTS)  
SENIOR YEARBOOK/SCRAPBOOKS

#### FOOD STUFF

NON-PERISHABLE FOODS  
FOOD STAPLES  
SNACKS/DRINKS  
MIXES

#### DESK SUPPLIES

GLUE/GLUE STICKS  
DESK-TYPE PICTURE FRAME  
NOTE PADS  
INDEX CARDS  
PLAYING CARDS  
HOLE PUNCHER

#### GENERAL NEEDS

CAMERA  
EXTENSION CORDS  
STUFFED ANIMALS<sup>11</sup>  
RUBBERMAID CONTAINERS  
CDs/DVD'S  
RAINCOAT  
PLASTIC MILK CRATES  
STUDY PILLOW

#### ENTERTAINMENT/FUN!

SPORTS EQUIPMENT<sup>13</sup>  
FAVORITE BOOKS  
GAME SYSTEM  
(PLAYSTATION ETC)  
BICYCLE

#### FOR ORGANIC COTTON BEDDING AND

##### TOWELS:

[www.pangaya.com](http://www.pangaya.com)  
[www.soaringheart.com](http://www.soaringheart.com)  
[www.realgoods.com](http://www.realgoods.com)  
[www.greenfeet.com](http://www.greenfeet.com)  
[www.greensage.com](http://www.greensage.com)

##### FOR LIGHTING:

[www.realgoods.com](http://www.realgoods.com)  
[www.theledlight.com](http://www.theledlight.com)

##### FOR COMPUTERS AND PRINTERS:

REFURBISHED COMPUTERS - REUSE!  
[www.refurbdepot.com](http://www.refurbdepot.com)  
[www.pscevolve.com](http://www.pscevolve.com)  
[www.compren.com](http://www.compren.com)

##### FOR OFFICE AND SCHOOL SUPPLIES:

[www.greenlinepaper.com](http://www.greenlinepaper.com)  
[www.greenearthofficesupply.com](http://www.greenearthofficesupply.com)  
[www.ecopaper.com](http://www.ecopaper.com)  
[www.treecycle.com](http://www.treecycle.com)  
[www.greenfieldpaper.com](http://www.greenfieldpaper.com)

##### FOR PERSONAL CARE:

[www.wholefoods.com](http://www.wholefoods.com)  
[www.traderjoes.com](http://www.traderjoes.com)  
[www.goodhumans.com](http://www.goodhumans.com)  
[www.recycline.com](http://www.recycline.com)

<sup>1</sup> The weather in DC often fluctuates. The rooms are equipped with Heating and AC, but bring which type of covering suits your preference.

<sup>2</sup> You will need to carry everything you need to shower with you to the bathroom every time you go. There are many different varieties, but buy one that holds everything you need.

<sup>3</sup> Power outages, while infrequent, do happen. Such outages aren't great for your computer's health, plus there aren't enough outlets in the rooms for all of your cords.

<sup>4</sup> The rooms have fluorescent lighting, but this might not be the greatest light for you to read with. If you want better lighting, bring a desk lamp or standing lamp. Halogen lamps are prohibited in the dorms.

<sup>5</sup> It's your choice, but they are a GREAT idea to have...

<sup>6</sup> A small, four-gallon waste paper basket is often the best choice.

<sup>7</sup> The room walls are painted cinder blocks, to which nothing adheres. Some people use double-stick tape of tacky gum, but the best things are foam mounting squares or tape. All tape must be off the wall when you leave at the end of the year.

<sup>8</sup> Bring earphones for your stereo for quiet hours.

<sup>9</sup> The type of computer you bring should be bought to your preferences. Remember to have an Ethernet card in your computer for system compliancy.

<sup>10</sup> Kitchen appliances are not allowed in the rooms, but you can use them in the lounges on each floor.

<sup>11</sup> Often the best listeners, and yes, guys bring them too!

<sup>12</sup> Irons and ironing boards can only be used in the laundry room.

<sup>13</sup> Even though you might not be on a sports team here at AU, this is still a great idea to bring for recreational purposes.

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[www.realgoods.com](http://www.realgoods.com)  
[www.greenfeet.com](http://www.greenfeet.com)  
[www.greensage.com](http://www.greensage.com)

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[www.goodhumans.com](http://www.goodhumans.com)  
[www.recycline.com](http://www.recycline.com)

### FOR CLOTHING VISIT:

[www.vivavi.com](http://www.vivavi.com)  
[www.hempst.com](http://www.hempst.com)  
[www.goodhumans.com](http://www.goodhumans.com)  
[www.gaiam.com](http://www.gaiam.com)