

Dorm Packing List

[Facebook Group: Dorm Room Mamas](#)

[Instagram: dormroommamas](#)

ULTIMATE DORM ROOM PACKING LIST



Welcome to your new chapter in life (both for the college kid and the parents). This list compiles everything you will need to pack (including safety items and move-in equipment). I also recommend two books “The [Naked Roommate](#)” (for the student) and “[The Naked Roommate: For Parents Only](#)” (obviously for the parent).



Bed Parties: When a student has committed to a college, parents will often throw a “bed party” to celebrate. They decorate the bed with college colors, snacks, and gifts. It is also a way to announce your child’s decision on social media. Here is our link of all the bed parties we have planned for [BED PARTIES](#)

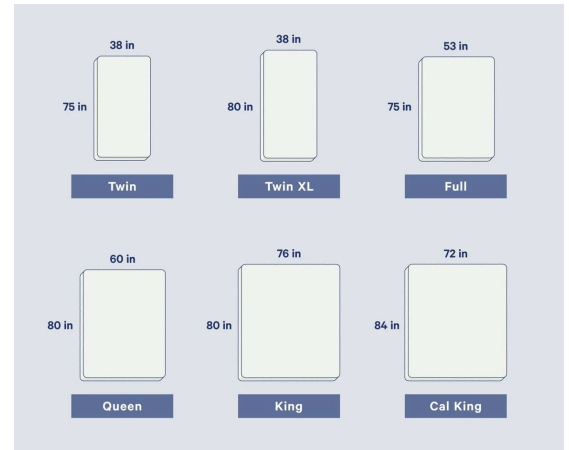
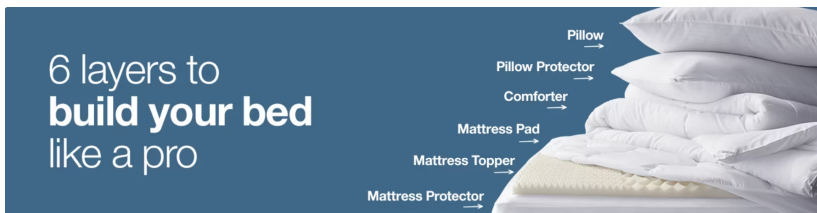


Ultimate Packing List #ad

Bedding- most dorms have twin xl sized beds. However, some people purchase a full comforter in order to have it hang down more on the bed (covering storage). There is a small percentage of dorm rooms that have full xl beds or regular twin

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Layers of Dorm Bedding



Bedding Layers	Description	Links
Mattress Gripper	This keeps the mattress pad from slipping around	Twin xl and full Gorilla Gripper
Mattress Topper	The mattress topper provides added comfort for the dorm bed. Here is a great visual to help you pick a thickness PICK YOUR PLUSH Choose a thick topper for plush sinking comfort or a thin topper to add a light layer of revitalizing comfort to your current mattress.	Top of the line: Sleepyhead (\$80 off a sleepyhead topper with code AMBER80) ViscoSoft (my favorite) Target https://mavely.app.link/e/w5tBdJXzQTb Amazon https://mavely.app.link/xferAMxn1b ViscoSoft Website https://go.shopmy.us/p-61602559 Lucid More Mattress Toppers
Mattress Pad (also called	The mattress pad protects the topper from dirt, spills, vomit, etc....I recommend waterproof	Twin XL Full XL

protector)		
Sheet Set	Many students don't even use the flat sheet. Just ordering a couple fitted sheets is what many families do.	Two fitted sheets Twin XL bed set (this group's favorite) Full xl Sheets
Comforter or Duvet	<u>Duvet</u>- the pros are that the cover can easily be removed and washed. It is less bulky and will fit better in the dorm washing machines. The cons are that the inside down comforter slips around and doesn't stay in place. <u>Comforter</u>- the pros are that it is easy to use (don't have to remove anything or try to get it back together). Cons are that it might be hard to fit into a washing machine. My advice: A thinner comforter with an additional blanket	Target Bedding Pottery Barn Teen Dorm Kohl's Bedding JC Penny Macy's
Pillows	Try to get pillows that are similar to what they use at home (unless they don't like those). I recommend two pillows	Best Pillows Ever Bamboo Pillow
Pillow Protectors	Again...spillage and bodily fluids	Pillow Protectors
Optional Throw Blank	This is just a snuggly item that can add more warmth if needed. Bring one from home or order a new one.	Chunky knit blanket Fleece throw Lightwieght cooling

Other Necessities

Air Purifier	The benefits to an air purifier are huge! They capture airborne contaminants like viruses, germs and all the things that make college kids sick. They capture allergy-triggering particles from the air, like dust, pollen, dander, mold, and other harmful particles. They can also remove unwanted	Levoit Mini Levoit 200 (better for allergies and asthma) Mini Replacment Filter
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	odors. Dorm rooms can have a buildup of unpleasant odors caused by lack of cleaning, dirty laundry, full garbage cans and microwaved meals. The filter should be cleaned every month and changed out each semester	200 Replacment Filter Air Purifiers Other replacement filter options
Shower Caddy	Unless your child has a shower to themselves, they will need a shower caddy to get their items to the shower. You will definitely want one that drains easily and/or machine washable	Mesh Plastic (with removable section) Caddies
Shower Shoes	Same as above, unless they have a shower to themselves, they will need to protect their feet.	Shower Shoes
Desk Lamp	You will want one that is small, dimmable, and can charge their phones	Desk Lamp Lamps for Guys Girly Lamps
Moving Bags	These are great!! They hold a ton and are super strong. Make sure you choose ones that have straps all the way around. These are so strong that they can be checked as airplane luggage as well	Moving Bags
Hamper	The hamper choice depends on the laundry location. If they have an elevator to get to the laundry, get one with sheels. If they need to go up and down stairs, a backpack is great	Backpack Hamper Rolling Hamper More Hamper options
Laptop	Each school has different needs. Contact your school for requirements. My son was able to get away with a Chrombook freshman year, but apparently that is unusual.	
Towels	People often look for quick dry or antimicrobial towels. Truth be told, your child probably won't wash them as often as you would. Most people send 2-4 towels.	Antimicrobial Towels Benzoyl Peroxide friendly towels Target Towels with loops Sonoma Quick Dry Towels Turkish Towels
Power Strips marked ETL or UL	ETL implies a safety standard that many dorms require. I sent my child with two of them (and then had to send a third later). At least one should be 10 ft long	Surge Protector
10 ft phone	Inevitably there won't be an outlet near the bed.	Multi-charger

charger	Write their name on the phone charger as well (they will take it anywhere when their battery is low). A multi charger is also amazing as it will literally charge anything	
Backpack	If you are in a rainy area, make sure to get waterproof	Waterproof Water Resistant North Face (water resistant) Lululemon (water resistant)
Hangers	Buy whatever they are most comfortable with. There are some hanger contraptions that you will find under "Storage Solutions"	No-slip hangers Plastic Hangers
Room Decor	You need something up to prevent it from looking like a jail cell	Art by category Neon Name Flags Door Decor This and This to hang the art
Laundry Soap	Get the laundry sheets- work fantastic and are much lighter to carry around. Many schools do not allow pods.	Laundry soap ideas
Feminine Supplies		Make a kit

Nice to Have, But they Will Survive Without

Storage Solutions		Storage
Mini Fridge Cabinet/Station		Dorm Kitchens in the Wild Cabinets Stands Micro-Fridge Options
Keurig Machine	This is great for anything that requires hot water (rammen, tea, soup mix, theaflu medicine, etc)	Keurig K-express Keurig Mini Keurig K-Classic Keurig Hot/Cold Other Coffee Makers Pods other than coffee
Desk Hutch	Having a desk hutch adds a ton of storage space. But, Be careful picking out a hutch. You want to make sure it fits on the desk. There are a few that are adjustable	Desk Hutches Locking Desk Hutches Smaller Hutches

	though. Some dorms come with hutches. Call your college housing department before buying	Medium Hutches
Makeup Mirror	Most dorms do not have a lot of mirror space and putting on makeup in the shared bathroom is less than desirable. Make sure to get one with a dimmable light (not to bother your roomie in the morning).	Makeup Mirror Larger Mirror
Fan	Those rooms get pretty hot in summer. The most recommended fan is teh Woozoo. It is cheapest at Costco, however I will put an Amazon link on the right anyway	Woozoo Tower Fan Venty Fan Woozoo Fan Holder Attaching My Woozoo
Vacuum	Some dorms have vacuums you can check out. However, a small one to keep in the room. This one is fantastic and super affordable	BEST VAC EVER
Storage Cart	Everyone seems to have one of these. They can be a coffee station, hold hair accessories, be a snack center, etc	Storage Cart With Drawers More carts
Headboard	There are a couple different kinds of headboards. One is zip-tied to the bed legs. The other is lighter weight and can hook to the walls with hooks	Headboards More options Wowmax Wedge Pillow
Water Filter	You can go with the traditional Brita for the fridge or a water bottle with a filter built in	Brita Water bottle
Travel Coffee Mug	You will want one that can fit under the keurig	Coffee mug
Dish Set	Make sure it is microwave safe.	Dish Set Disposeable/Compostable
Clothing Drying Rack	This is good for rain soaked clothes are clothing that you don't want to machine dry	Drying Rack
Refridgerator and Microwave	Many dorms come with these today. Check with your school	Reccomended Mini Fridge Microwave Microwave Gadgets
Full sized mirror with storage	Not a lot of rooms have full length mirrors- I do not know how girls get ready. I am going to share a couple that also have storage. One stands on the floor and one hangs on the back of a door (check with your school to see if they allow that)	Floor Hanging More Mirrors
Safe	Lock up important documents, passports, jewelry, money, prescription drugs, etc (you just never know who your roommate will let in)	Dorm Safes
First Aid Kit	Many families make their own to tailor to their child's needs. I just sent my son with a store bought kit	Dorm Doc Kit Medical Advice First Aid Kit Boxes

Rug	Get something around 5 x 7. Make sure to get something easy to clean. Maybe try an indoor-outdoor rug	Target Amazon By Color
Bedskirt	They make bed skirts that go with the lifted beds. Some feel this just gets in the way, others love that it hides the storage. A 36" drop would be average for a lifted bed	Ruffled Flat With opening in front
Robe	Get a quick drying or thinner robe	Women's Lightweight Waffle Men's Dude Robe
Chair	An extra chair that can be folded up and put away. It is nice to have an extra chair when having guests over for movie nights or group projects	Butterfly Chair Comfy Saucer Chair Sturdy Directors's Chair Camping Chair More Chairs Couch
Projector	The trend now a days is to bring a small projector to watch movies on the wall or ceiling (must smaller than a tv)	Projector
Nightstands	Everything you wanted to know about bed heights	Captain's Height (36-42inches) Fully Lofted
Dorm Food	There will be times when dorm meal hours will be missed, or they are sick, or they are up late. Dorm food is pretty important	Snacks Microwave Food Microwave Cooking Gadgets Breakfast Snack Organizers Healthier Snacks
Bottle and Dish Washing	The kids can get away with paper goods for eating. But they will also need some supplies for dish washing (even if it is just for their water bottle)	Washing Materials
Shoe Storage		Options
Door Stopper	Living in the dorm, a door stop is magical. Keeping your dorm open invites new friends in and helps to build community. An open door literally is a sign that you are open to new people and experiences. Make those friends and make those memories! All from a simple door stop	Cute Ones



Click to find a [Website to Compare Loans and Get Quotes](#)

Drink Covers	Scrunchie Disposable
Drink Testers	Stickers Strips
Birdie Personal Alarm	https://amzn.to/446i0yv
Pepper Spray	Bling Boring

Fire Blanket	https://amzn.to/3JrPopJ
Door Stop (prevent people with keys entering the room)	https://amzn.to/4d45mEf
Emergency Lights for Room (my son lost power for an entire day)	https://amzn.to/3xNZ2Ra
Safety Whistle	https://amzn.to/3UrOa4a
Powerful Flashlight (room or car)	https://mavely.app.link/e/aHqMIWI0YIb
Emergency Roadside Lights	https://mavely.app.link/e/VZ0ci3s0YIb
Car Emergency Kit	https://mavely.app.link/e/5QjgThE0YIb
Phone battery backup	https://amzn.to/3JrKJnO
Power of Attorney Once your kid turns 18 and/or heading off to college, you may consider getting legal power of attorney papers. Mama Bear Includes: 1) Health Power of Attorney 2) Finance Power of Attorney 3) HIPAA Release & FERPA Waiver 4) Free documents for a 2nd state 5) Free App for scanning & storing forms Use Code: DormRoomMamas for 20% off!	Mama Bear Legal https://www.mamabearlegalforms.com/youngadult?oid=1&affid=113&source_id=yapoa&sub1=dormroommamas
Life Insurance God forbid anything happens to your child, those of you that co-sign loans will be left with the burden. I have heard that life insurance for college kids is like \$10 a month. Maybe worth considering...	https://theci.co/drm-life-insurance

[Dorm Safety](#)

[Car Safety](#)

[Personal Safety](#)

Move in Day Plans #ad

Packing List

Cleaning Supplies • Swiffer • Paper towles • Clorox wipes • Spray cleaner	Most rooms aren't very clean.... Also, alcohol wipes to clean the wall where you want to put command strips	Swiffer Clorox Wipes
Change of clothes and shoes	Most parents take their kid out for a meal after the big move and you will feel pretty dirty	
Rubber Mallet	If your dorm bed can be adjusted up and down, this will be necessary	https://mavely.app.link/e/cuOxun5eMTb
Cooler with water and snacks Lunch?	Definitely going to get hungry during this process. Either pack food or assign a designated "runner" to fast food	
Doorstop	Keep the door open when you carry everything in. Also, keeping the door open will help your child make friends. Also, can be used for added safety at night	https://mavely.app.link/e/R1QHy79eMTb Cute Stoppers
Mini tool kit	You just never know...bring it and leave it with your child	https://mavely.app.link/e/pQlwxlcfMTb https://mavely.app.link/e/kpY7iLefMTb
Mini Level	There is probably one on your phone if you can find it.	https://mavely.app.link/e/IrvHSlhfMTb
Trash bags	Again, bring a whole box and leave them with your child	
Zip-ties	Great for those headboards. Also will be useful elsewhere	https://mavely.app.link/e/73rwJ6jfMTb
Painters tape and Duct Tape	Everybody should just always have this in the car. We could write a book about duct tape	
Gorilla Putty Command Hooks/strips	If you are hanging anything on the walls, this is the way to go. Make sure to clean the wall first	Gorilla Putty Large Hooks Small Hooks Strips

Collapseable, foldable wagon	A game changer for move in day. My son's school actually had older students that helped move the boxes/bags. But then we went to Target for all the items we forgot. A wagon is the way to go!	Small Wagon Large Wagon Handtruck for Stairs Platform Dolly
Note/Letter	Hide a note of encouragment in their room (much like you did for their kindergarter lunch box). Maybe put a gift card or some money in their too	I hid these all over my son's room for him to find the rest of the year ;)
Wrinkle Release Spray	Not only will you want to use this on the clothes after you hang them, but also on the bedding (makes better pictures)	https://amzn.to/3zYtoBz
Roomie Gift	Some people, mostly girls, bring a move in gift. For boys, all they want is a box of snacks	Roommate Gifts Big Box of Snacks School Spirit Gift
Advil	Things are going to hurt...	
Kleenex.....	Driving away is so hard	Ridiculous amount as a joke

Before Move in

- ☐ Pack the bags with items (bedding together, bath together, winter clothes, etc). Keep all fans handy- you will need them right away.
Packing Bags <https://mavely.app.link/e/WDlovWLk0Sb>
- ☐ Make a plan. Discuss with your child where they want everything in the room (it will be chaotic when you get there- it will be easier if you know what drawer gets socks)
- ☐ Make sure all bags are labeled with your child's name, dorm name, and room number (some people even put a phone number). Many schools have helpers that carry items to the rooms, labeling helps them be successful
- ☐ If you have a safe with a key, put the key somewhere safe before leaving home (our accidentally ended up in the dumpster)

- ☐ If you are bringing the plastic drawers, you can pre-pack them. Make sure you wrap them with a good plastic wrap like this one <https://mavely.app.link/e/gRT3OcfsgTb>

Day Of

- Pack an ice chest of snacks and drinks (a ton of water, you will be sweating)
- Wear comfortable shoes and clothes (and pack a change for later)
- If you wear any type of braces/supports, wear them
- Don't forget to take a "before" photo
- Set up and plug in all fans immediately
- Clean the room, sweep, swiffer, clorox the bed and other furniture
- Pile all the bags on top of the bed and start with the closet (gets things off the bed and out of the way)
- Next is under bed storage and wall decor (clean the wall with clorox and dry first)
- Lastly, make the bed
- Get the phone number for the roommate and roommate's parents (emergency use only)
- Take a picture of your child in their new room!
- Now is the time to make a Target run and get everything you forgot, snacks, water, etc.
- As much as you are going to want to stay in town forever, don't. Those first few days are bonding times for the roommates/hall residents.

[DIY Care Package Ideas](#)

[Ready to Ship Care Packages](#)

Another book suggestion: ["The Girlfriends' Guide to Empty Nesting"](#)

Other Facebook Group Suggestions

- **Cocktailing Mamas**- a support group for parents with college kids (that first drop off is sooo hard) <https://www.facebook.com/share/g/Y8LVMdKJsaWqQ2Fk/>
- **Care Package Mamas** <https://www.facebook.com/share/g/ucSRJkN1qPBUWx81/>
- **Festive Mamas**- time to throw a party, have some fun! Decorate for the holidays <https://www.facebook.com/share/g/2YcGM229Uv6Egaec/>
- **High School Mamas**- still have kids in high school? <https://www.facebook.com/groups/1918090138709190/>