

Dorm Shopping

TIPS AND LISTS
FOR DORM LIVING

GUIDE



College Move-In Is Approaching!

Your student is preparing to leave home to embark on an exciting new chapter of their lives! What an accomplishment.

College is an incredible time of growth and independence, but it can also be a bit daunting at first. This will be your student's first time living on their own, and that's an adjustment for both of you.

Dorm living can be fun but it also comes with challenges. Does your student understand how to effectively share their space with a roommate? Do they know how to handle conflict or who to ask for help when needed? Having a comfortable living space will be key to decompressing after a long day of new classes, new friends and new experiences.

We're sharing our favorite dorm living tips and tricks to help your student create a home away from home.

Help them prepare for this new chapter in their lives by making sure they have everything they need for a happy and successful first year!



School Supplies

The basics for academic success

Study Tips:

- 1** Find a few good places to study.
Your dorm room shouldn't be the only option.
- 2** Make sure to have all the books and supplies needed.
Having all resources is important for effective studying.
- 3** Use a planner and put EVERYTHING in it.
Assignments, exam dates, study hours, social activities, etc.
- 4** Break big projects into smaller pieces and schedule them out ahead of time.
You'll avoid being overwhelmed at the last minute.
- 5** Hang around with people who study.
It's easier to get motivated and stay on track.
- 6** Take good notes and review them regularly.
It'll save time when studying for a test.
- 7** Go to professors' office hours.
Even if you don't need help, they'll notice the effort.
- 8** Be proactive if you need extra help.
Seek out tutoring so you don't fall behind.



Notebooks

Starting out with a color coding system is a great way to stay organized.

Water Bottle

Save money and stay hydrated during the day.



Pens

Comfortable, good quality pens for efficient note-taking.

Backpack

The USB charging port will be a life-saver for busy days.



Academic Planner

Stay on top of exams, assignments, studying and socializing.

Laptop

For studying on the go.



Bedding and Bath

Everything they need to unwind after a long day

Falling asleep in a campus residence hall can be like trying to nap at a football game. No matter how good your student's sleep habits are when they're home, in college, constant interruptions, noise from the hallway and roommates turning on lights at odd hours can make it hard to catch zzz's.

Lack of sleep has a huge impact on overall health and wellbeing and it's crucial that your college student get enough rest!

Tips for Deep Sleep

- 1 Stick to a regular sleep schedule.
- 2 Sleep in a dark room.
- 3 Stop using screens two hours before bed.
- 4 Exercise regularly and eat healthy food.

OUR TOP PICKS



Cooling Mattress Topper

Many residence halls don't have air conditioning.



Pillows

Ensure they have a comfy place to rest their head at night!



Shower Caddy

Keep things organized, accessible, and dry.



Sheet Sets

Pick up at least two sets for when the laundry has to wait a few days.



Quick-Dry Bath Towels

Quick-dry bath towels save your student time and space.



Lightweight Comforter

Lightweight comforters are great all year-round.





Grocery Shopping 101

8 tips to help your student eat well on a budget

- 1** Scout out the best place(s) to shop.
Find a store that's convenient with good prices and a good selection.
- 2** Get a store discount card.
Major grocery stores offer lower prices to loyalty card holders.
- 3** Buy store brands.
Store brand items are the same product for less.
- 4** Understand value.
Cheaper isn't always better when it comes to quality ingredients.
- 5** Do the math.
It can be smart to buy in bulk; don't pay for extra packaging!
- 6** Balance cost vs. convenience.
Sometimes you have to cook just a little to save a lot.
- 7** Use a blender.
Blending produce is a quick way to get lot of nutrients.
- 8** Focus on healthy basics.
These products should be the foundation of any meal.

TOP ITEMS ON OUR LIST:



Personal Blender

Make smoothies, dips, milkshakes and more.



Microwave Steamer and Ramen Cooker

Make noodles, steam vegetables, and more!



Single-Serve Coffee Maker

Skip the Starbucks and make a delicious coffee at home.



Eco-Friendly Dish Set

These are unbreakable, microwave safe, and made from wheatgrass.



Protein Snacks

Keep these in your backpack for a quick pick-me-up between classes.



Personal Hygiene and Grooming

Don't forget these bath and shower basics!



It's tempting to get lazy about personal hygiene when we're busy, but having a **consistent routine** is important for **maintaining health and wellness**. Good hygiene can also positively impact self-confidence and personal relationships. Make sure your student has everything they need!

OUR TOP PICKS



Rechargeable Toothbrush
Help the planet, save money, and keep teeth clean..



Face Wash and Moisturizer
Washing and moisturizing the face day and night is essential.



Shower Shoes
Shower shoes are a must for dorm living.



Silicon Body Scrubber
Skip the loofah and get this body scrubber instead!



Nail Care Set
There's nothing worse than a chipped nail getting caught on your clothing.



Aquaphor
A multi-use cream for cuts, dry skin, burns, and more.



Cleaning

Tips and tricks for keeping their living space tidy

Tips for Keeping Their Dorm Room Spotless:

- 1** Set up a weekly cleaning schedule.
This keeps the mess more manageable.
- 2** Keep cleaning supplies readily available.
This way you're more likely to clean!
- 3** Take out trash regularly.
Letting things pile up only makes it more of a chore.
- 4** Clean up spills and messes immediately.
Spilled juice gets harder to clean over time and can attract bugs.
- 5** Use Google to find cleaning tutorials.
There are solutions online for every cleaning challenge.
- 6** Give everything a place.
Avoid clutter by creating a place for all your items.
- 7** Make the bed as soon as they wake up.
A made bed will make their dorm room look less cluttered instantly.
- 8** Create a drop-zone.
Having a place for shoes, phones, etc. will avoid doorway clutter.



Refillable Surface Disinfectant

Antibacterial, and eco-friendly? Yes, please.

Dish Soap

A multi-use product to clean dinnerware, treat stains, and more.



6-in-1 Vacuum

Get rid of crumbs and dust bunnies!

Air Purifier

To keep stale dorm air clean, fresh, and dust and pollen-free.



Reusable Microfiber Cleaning Cloths

Good for the planet and saving money on paper towels.





Socializing

Get excited to make new friends!

Tips for Making New Friends:

- 1** Take things one step at a time.
Great friendships aren't built overnight.
- 2** Bring an activity or game you enjoy.
Invite people over to play!
- 3** Put on-campus events in your planner.
You'll meet people with similar interests.
- 4** Introduce yourself to everyone!
You never know who you'll hit it off with.
- 5** Keep your dorm room door open.
So that people can stop in and say hi.
- 6** Keep an open mind and an optimistic attitude.
You can find new friends anywhere!



Disposable Camera

For making memories.



Support a Hobby

Sharing an activity is a great way to make friends.

Mini Projector

Make any space a movie theater or gaming room!



Fold-Down Guest Chaise

An extra seat or bed that doesn't take up too much space.

Spikeball

A compact game full of outdoor fun!



Board Games

Get to know new people without too much pressure.



Relaxation

Our favorites for unwinding and self-care



Essential Oil Diffuser Lamp

Blends help with focus, relaxation, and energy.



Massage Ball Set

Sitting for class and studying can cause tight muscles.

Infinity Cube Fidget Toy

Something to fidget with while studying.



Noise-Cancelling Headphones

Sometimes they just need to zone out.



Soothing Craft Kit

Learn a skill, relieve stress, and create something special!

Tips to Reduce Stress:

- 1** Make a study schedule (with study breaks).
Study breaks give the brain time to rest and recharge.
- 2** Stay hydrated.
Dehydration causes fatigue, headaches, and difficulty focusing.
- 3** Nourish the body and brain.
The body needs fuel to function correctly.
- 4** Attend to self-care.
Taking time for yourself is necessary.
- 5** Focus on sleep quantity and quality.
Sleep is the key to our minds and bodies functioning correctly.
- 6** Try out the school's mental health services.
They want to help with problems big or small.
- 7** Take a break from devices.
Constant screentime is exhausting.
- 8** Practice deep breathing or meditation.
Focusing on breathing can calm the mind.
- 9** Find a hobby that you love.
Engaging in a hobby can help decompress and clear the mind.





In the midst of the hustle and bustle of preparing for college, make room for some quality family time, too. Whether exploring their new college town, planning a nostalgic family activity, or cooking dinner together, it's a chance to bond and remind them that you'll always be just a phone call away whenever they need you.

Squeeze in extra hugs whenever appropriate and have faith that you've done everything needed to prepare them for this new adventure!

CollegiateParent is here to answer your questions and walk beside you throughout the college years. Explore our website, [join our Facebook group](#) and sign up for our parent newsletter, the Loop.

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Dorm Shopping

A COMPREHENSIVE
LIST OF DORM
ROOM ESSENTIALS

Checklist



Bedding and Bath

- [Cooling Mattress Topper](#)
- [Pillows](#)
- [Lightweight Comforter](#)
- [Sheet Sets](#)
- [Quick-Dry Bath Towels](#)
- [Shower Caddy](#)

Socializing

- [Fold-Out Sofa Chaise](#)
- [Mini Projector](#)
- [Board Games](#)
- [Disposable Camera](#)
- [Spikeball](#)

Personal Hygiene and Grooming

- [Nail Care Set](#)
- [Face Wash and Moisturizer](#)
- [Rechargeable Toothbrush](#)
- [Silicon Body Scrubber](#)
- [Aquaphor](#)
- [Shower Shoes](#)
- [Body Wash](#)
- [Hair Care](#)

Cleaning

- [Surface Disinfectant](#)
- [Broom](#)
- [Microfiber Floor Mop](#)
- [6-in-1 Vacuum](#)
- [Room Freshener](#)
- [Trash Bags](#)
- [Dish Soap](#)
- [Microfiber Cloths](#)
- [Air Purifier](#)
- [Laundry Stain Remover](#)
- [Laundry Detergent](#)
- [Laundry Bag](#)

School Supplies

- [Water Bottle](#)
- [Pens](#)
- [Backpack](#)
- [Notebooks](#)
- [Academic Planner](#)
- [Laptop](#)
- [Scissors](#)
- [Tape](#)
- [Pencil Case](#)
- [Portable Charger](#)

Relaxation

- [Essential Oil Diffuser Lamp](#)
- [Massage Ball Set](#)
- [Noise-Cancelling Headphones](#)
- [Infinity Cube Fidget Toy](#)
- [Soothing Craft Kit](#)
- [Acupressure Mat](#)

Grocery Shopping

- [Personal Blender](#)
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- [Reusable Grocery Bags](#)
- [Microwave Steamer and Ramen Cooker](#)

Miscellaneous

- [Command Hooks](#)
- [Underbed Storage](#)
- [Hanging Shoe Organizer](#)
- [Desk Organization](#)
- [Cord Organizers](#)
- [Extension Cord](#)
- [Decor Items](#)
- [First-Aid Kit](#)