

My Packing List

How to use the Packing List: **Check off items** as you pack them. **Add custom items** to your list if need be.

Bed

- Sheets
- Comforter
- Pillows
- Bed & dresser
 - **Provided by Transitions**
- Favorite blanket/pillow
- Medically ordered equipment, if necessary
- Personalized room décor
 - Such as ornamental for a desk or shelf, if desired

College Related

- Power cables
- Computer – computer/tablet is required
- Headphones
- USB flash drive
- Cell phone
- Cell phone charger
 - We use several apps for independent living, therefore, a smart phone is required.
- Backpack
- Calculator

Bathroom

- Bath towels & washcloths
- Bathrobe & slippers
- Hairstyling tools
- Shower caddy
- Shower flip flops

Medical

- Prescribed meds – a full month's supply of each medication in original bottle with dosage instructions
- Contact lens solution (if needed, and extra contacts)
- Eye glasses
- Over the counter medicine, if needed
- Locked bag for medication storage – **accommodations will be made by Transitions for medications needing refrigeration**

Toiletries

- Cosmetics & makeup
- Cotton balls
- Q-tips
- Toothbrush & toothpaste
- Dental floss
- Mouthwash
- Deodorant
- Hair brush/comb
- Shampoo
- Hair conditioner
- Hair spray/gel

- Soap
- Razor
- Shaving cream
- Nail clippers
- Hand lotion
- Sunscreen

Clothing

- Belts
- Socks
- Underwear
- Bras
- Pajamas
- Jacket
- Jeans (dress and casual)
- Pants
- Shirts
- Shorts
- Dress shoes or boots
- Hiking boots/shoes
- Sneakers
- Accessories (cap/hat), jewelry, watch
- Purse
- Swimsuit
- Flip flops
- Workout clothes
- Winter outdoor clothing (hat/gloves/boots/jacket)
- Business casual clothes (button-down shirt and tie, women's slacks and blouse, etc.)

Important Documents

- Driver's license/ID card
- List of emergency contacts
- Medical insurance card
- Copy of birth certificate & social security card

Other (if desired)

- Batteries
- Earplugs
- Flashlight
- Safety pins
- Sleep mask
- Sunglasses
- Umbrella
- Water bottle
- Bicycle
- TV for bedroom
- Game systems
- Stereos w/headphones
- Alarm clock
- Journal