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.

**LINENS/BEDDING**
- Standard Twin Size Sheet
- (Sheets and Pillowcases)
- Blankets/Comforter\(^1\)
- Pillows
- All Natural Organic Cotton Bedding

**MAJOR APPLIANCES** *(IMPORTANT, BUT NOT CRUCIAL)*
- Television
- iHome/Speakers
- Computer (PC/Laptop)
- DVD Player
- MP3 Player or iPod

**LAUNDRY NEEDS**
- Detergent
- Dryer Sheets
- Fabric Softener
- Stain Stick
- Laundry Basket

**DESK SUPPLIES**
- Pencils/Pens
- Desk Lamp/Reading Light\(^2\)
- Paper (Printer/Loose Leaf)
- Notebooks/3-Ring Binders
- Stapler/Staples
- Calculator
- Scissors
- Ruler/Straight Edge
- Thank-You Cards/Stationary
- Paper Clips/Rubber Bands

**TOILETRIES/SUNDRIES**
- Towels/Bathrobe
- Shampoo/Conditioner
- Toothbrush
- Toothpaste
- Soap
- Shower Caddy\(^6\)
- Aspirin/Ibuprofen/Meds.
- Band-Aids
- Tissues
- Thermometer
- Shower Shoes\(^7\)

**DAILY LIFE**
- Backpack/Messenger Bag
- Umbrella
- Alarm Clock
- Calendar
- Student Handbook
- Hangers
- Surge Protector

**GENERAL ROOM NEEDS**
- Trash Can\(^3\)
- Dry Erase Memo Board For Door

**ROOM AESTHETICS**
- Room Decorations
- Tape/Mounting Squares\(^4\)
- Posters/Pictures
- Plastic Hooks

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1. The weather in DC often fluctuates. The rooms are equipped with Heating and AC, but bring which type of covering suits your preference.
2. 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.
3. A small, four-gallon waste paper basket is often the best choice.
4. 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.
5. The type of computer you bring should be bought to your preferences. Remember to have an Ethernet card in your computer for system compliancy.
6. 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.
7. It’s your choice, but they are a GREAT idea to have…
### “WHAT TO BRING” CHECKLIST

**COOKING SUPPLIES**
- Pots/Pans
- Containers/Tupperware
- Paper Towels
- Plates/Silverware/Spoons
- Measuring Spoons/Cups
- Hot Pot/Coffee Maker/Teapot
- Dish Towels and Dish Soap

**DESK SUPPLIES**
- Glue/Glue Sticks
- Desk-Type Picture Frame
- Note Pads
- Index Cards
- Playing Cards
- Hole Puncher

**CLEANING MATERIALS**
- Windex/Window Cleaner
- Dust Buster/Small Vacuum
- Lint Brush

**GENERAL NEEDS**
- Camera
- Extension Cords
- Stuffed Animals
- DVDs
- Raincoat
- Stackable Storage Bins
- Study Pillow

**MISCELLANEOUS**
- Over the Door Hooks
- Sewing Kit
- Iron/Ironing Board
- Sleeping Bag (For Guests)
- Senior Yearbook/Scrapbooks

**FOOD STUFF**
- Non-Perishable Foods
- Food Staples
- Snacks/Drinks
- Mixes

**ENTERTAINMENT/FUN!**
- Sports Equipment
- Favorite Books
- Gaming Consoles
- Bicycle

**FOR ORGANIC COTTON**
- BEDDING AND TOWELS:
  - www.pangaya.com
  - www.soaringheart.com
  - www.realgoods.com
  - www.greenfeet.com
  - www.greensage.com

**FOR LIGHTING:**
- www.realgoods.com
- www.theledlight.com

**FOR COMPUTERS AND PRINTERS:**
- REFURBISHED COMPUTERS – REUSE!
  - www.refurbdepot.com
  - www.pscevolve.com
  - www.compren.com

**FOR OFFICE AND SCHOOL SUPPLIES:**
- www.greenlinepaper.com
- www.greeneathofficesupply.com
- w.ecopaper.com
- www.treerecycle.com
- www.greenfieldpaper.com

**FOR PERSONAL CARE:**
- www.wholefoods.com
- www.traderjoes.com
- www.goodhumans.com
- www.recycline.com

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**Note:**
- Kitchen appliances are not allowed in the rooms, but you can use them in the lounges on each floor.
- Irons and ironing boards can only be used in the laundry room.
- Often the best listeners
- Even though you might not be on a sports team here at AU, this is still a great idea to bring for recreational purposes.

American University has maintained a commitment to its values over the years, with particular attention to human rights and dignity, social justice, environmental protection, diversity and individual freedom. In particular, AU has revisited their commitment to environmental protection, making some changes to improve the way the university uses plant resources and to educate the campus community about sustainability, health, and operational improvements. As a part of this overall effort, AU would like to provide students with as many resources as possible to help them in making healthy and sustainable decisions. On the opposite side of this checklist are just a few suggestions on where you can find sustainable and energy efficient products. For a more information on these types of products please contact our Environmental Coordinator at X3757.