



# PACKING A COVID GO-KIT

We are encouraging all students to have a duffel bag, suitcase, or large plastic tub pre-packed and ready to go in the event that they are asked to isolate or quarantine.

If a student needs to leave their residence hall room to quarantine or isolate, having a bag of essentials already packed can make that move easier, faster, and less stressful.

## THE FOLLOWING ITEMS WILL BE NEEDED:

**Medications/supplies:** Tylenol, cough medicine, personal medication, vitamins, tissues, thermometer

**Toiletry/hygiene items:** toothbrush, toothpaste & floss, face wash and moisturizer, deodorant, contact lenses, contact solution, shampoo and conditioner, body wash or soap, brush, ponytail holders, lotion, feminine products, razor, shaving cream, washcloth, towels, comb/brush, etc.

**Bedding:** blanket, set of sheets, pillows

**Cleaning supplies:** Disinfecting spray/wipes, hand sanitizer, laundry detergent pods (3-4 in a sealed bag), mini trash bags (or plastic grocery bags)

**Additional face masks**

**Printed phone list and emergency contact information** (including insurance card or copy of your insurance card), and photo identification

**Comfortable clothes:** Pack a few days' worth of comfortable clothes, including undergarments, socks, flip flops

**Phone charger**

**Self-care items to support your overall well-being:** art supplies, puzzles, crafts, playing cards, books, etc.

**Comfort food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure that meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort.

***In addition to your Go-Kit, you should ensure that your academic materials (laptop, books, etc.) are readily accessible, so you can throw them in quickly if you need to go.***