



Guide To Graduate Student Life Summer 2022

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P.S. Follow us on [Instagram](#) or [Facebook](#) **and** [connect with us through email](#) or our [Graduate GroupMe](#)

Dear New Graduate Global Hoos,

Congratulations and welcome to the University of Virginia! We hope you enjoy your time here at UVA. To help you adjust to life on grounds, Charlottesville, and the US, we've created this guide for all of you to use before arriving, during orientation, and even throughout your college career.

This guide will not contain all the information and resources that exist at the university, but we encourage you to explore past this guide and ask your newfound friends, faculty, staff, and community members for advice. College life will not be the easiest transition but do take every step to have fun, keep safe, and make Charlottesville a new home for the time being. We understand this process is going to be scary for many people, so we're here to guide you throughout and answer any questions you've got.

The UVA community is welcoming, so do not be shy or embarrassed to ask if you're lost, need help, or just want a recommendation! We're also one big community, so regardless of where you come from or who you are, we are sure that you will be able to find your place here. This guide contains a lot of information, but don't be overwhelmed. We hope you find this guide helpful and we look forward to seeing you on Grounds!

Sincerely,

[The 2022 Global Greeters Team](#)

Tips and Tricks to On Grounds Student Life

1. Navigate classes via [Lou's List](#)
 - a. A great resource for navigating classes is Lou's List, and a list of recommendations from all of UVA is The Course Forum.
 2. Open a bank account on Central Grounds while waiting for your SSN with a bank (i.e. [Bank of America](#))
 3. For Housing, check the UVA [On-Grounds](#), [Off-Grounds websites](#), [Craigslist](#), reach out to the graduate students (mail list) of your Department for help, etc.
 4. Consult **frequently** the [ISSP website](#) to check recent immigration updates and to connect with the International Students Office (ISO).
 5. Check the Graduate and Charlottesville resources here:
 - a. [Graduate School of Arts and sciences financial support](#)
 - b. [Office of Graduate and postdoctoral affairs: funding and opportunities](#)
 6. Download the [CAT \(Spot\) App](#) to commute in Charlottesville for free with your UVA ID
 7. Download the [UVA TransLoc app](#) for bus lines and schedule
 8. Visit the [Food Pantry at the Women's Center](#) to save some money
 9. [Just Report It!](#) Report any incidents at UVA, including virtual.
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Popular Study Areas On Grounds

- [Clemons Library](#)
 - Popular with students for abundant, 24-hour study space and media-related materials and services, Clemons is one of the busiest libraries on Grounds. Its large DVD selection and comprehensive collection of books on film, television, drama and dance provide everything a scholar needs.
 - In addition, the [Robertson Media Center](#) (434-924-7474, teachlearn@virginia.edu) provides cutting-edge technology and support for media creation of every kind, from 3-D motion capture and animation to podcasting and film editing. The second floor of Clemons Library houses the Dathel and John Georges Student Center.
- [The Music Library](#)
 - Tucked in the basement of Old Cabell, you have to follow a series of signs (kind of like a treasure hunt) to reach this study spot, but it's totally worth it! This is probably the quietest, least crowded study spot with comfy chairs and plenty of tables.
 - Old Cabell also has small, sound proof cubicles available where students can play piano and other musical instruments – in case you want to take a study break!
 - Practice modules can be reserved [here](#)
- [The Rotunda \(Dome room!\)](#)

- Studying in the Rotunda Dome room is kind of a rite of passage – everyone should study there at least once! You have to climb a couple of flights of steps to reach it, but it is an especially prestigious place to study! There’s usually tables set up on the main floor, but the best seats are located in the “gallery” which gives you an expansive view of the entire room.
- [Rice Hall](#)
 - Rice Hall is one of the newer buildings on Grounds and is located near the first year dorms. Rice has a lot of great study nooks and many windows (letting in a lot of natural light and giving you some charming views to do your ENWR work by)
 - Bonus: Rice hall also has an Einstein Bros Bagels where you can use meal exchange/plus dollars to get a tasty bagel sandwich when you need a study break
- [The Stacks at Clark Hall](#)
 - Clark Hall is just a great space to study period (The main entrance has gorgeous murals and coffee shop, there’s an entire room of cubicles with comfy study chairs....what’s not to love about Clark?), but the main areas can get a little crowded. The Stacks (located in Clark’s basement) tend to have much more space and are a great place to study. The Stacks are quiet and cozy (you feel like a real academic surrounded by so many books!)--you can get a lot of work done!
- [Chemistry Building](#)
 - The Chemistry Building was recently renovated and has super nice study tables throughout its 1st, 2nd and 3rd floors. Whether you are looking to study in between classes/labs or just want a change of scenery, this location is perfect as it is right across the Old Dorms. Occasionally, there is a dog (a “Chem Pup”) that makes a visit!
- [Maxine Platzer Lynn Women's Center](#)
 - Not many people know that the Women’s Center has some great study spaces (which are open to everyone regardless to gender)! Located across from Corner, the Women’s Center is a little bit off the beaten path, but worth a visit!
 - The Women’s Center also has many great programs and volunteer opportunities that will enhance your University experience. They also have an emotional support dog named Poe that makes regular appearances.
- [Memorial \(Mem\) Gym](#)
 - Sounds strange to suggest studying in a Gym, but Mem Gym has some surprisingly nice study areas (far away from the people getting their daily workout in). If you travel to the second floor, there’s a nice secluded lounge area.
 - Mem Gym is also just a great place to get a work out! It tends to be a little less crowded than the AFC gym.
- [The Gardens](#)
 - Adjacent to the Lawn (also a nice place to study, but a little more crowded), these Gardens are beautiful and secluded. There are benches in some, but

generally it is a good idea to bring a beach towel so you can stretch out. It's a very peaceful place to read or have a mindfulness break between classes.

- [The Dining Halls](#) (at non-peak hours)
 - When it's not lunch or dinner time, the dining halls can be a great place to study! There's music playing and usually some students scattered around, but it's usually not very crowded so it's easy to find a corner to get set up in. These are particularly good places to go if you're someone who doesn't like complete quiet but doesn't want to be around anything/anyone too distracting.

Student Organizations for Cultural, Diversity, and International Student Support

Look up through [@uva](#)

Major Student Organizations (and contacts)

[Honor Committee](#)

[Student Council](#)

[University Guides](#)

[University Programs Council](#)

[University Judiciary Committee](#) [UJC representatives, investigators, counselors, and educators](#)

[United Campus Workers Virginia - UVA](#)

[Multicultural Student Services](#)

[Staff and representatives](#)

[Executive Board](#)

[UGuides](#)

[Executive council members](#)

[LGBTQ Student Services](#)

Check out [UVA's Student Council](#) and the Graduate Schools/Departments councils to make your voice heard at UVA.

International Student Specific Organizations

Global Greeters *That's us! Reach out to any of [our current greeters](#)*

International Buddies

[Lorna Sundberg International Center](#) for activities, events, and programs (open to students, scholars, and family members!)

Bharatiya Council

[Student Affinity Groups](#)

Organizations Attended by International Students in Charlottesville (NOT affiliated with UVA)

- Want to run/walk with people in the community? Check out the [prolyfick](#) webpage
- [International Students Inc.](#)

Essential Academic Resources

That's why we partnered with multiple organizations and departments to provide some videos to introduce you to some resources like your college, SIS, Student Financial Services, Housing and Residence Life, Counseling, and Psychological Services. Click [here](#) to watch and acquaint yourself with some essential resources!

- **Academic**

- [UVA VPN](#) - access resources that may be inaccessible off-grounds through downloading a VPN! E-books, e-journals, and more from the uva library and certain departments are only accessible off-grounds through VPN.
- Google Chrome Extension - helps students, especially those from China, access resources while in their home country
 - Weibo @Unblock_Youku
 - Twitter [@Unblock_Youku](#)
 - Facebook <https://fb.com/uku.im>
- [Office of Graduate & Postdoctoral Studies](#) - University-wide programs and support for grad and post-doc, holds professional development events specifically for international students
- [Graduate Student Financial Support](#) - Graduate School of Arts and Sciences page on financial support
- [Funding and Opportunities](#) - GPDS resources for information about fellowships and funding
- [Writing Center](#) - can schedule appointments online for help and peer review; there are also resources for new writers, career-based writing and rhetoric, and internship and volunteer opportunities.
- [Honor Committee](#)-Elected student representatives who oversee the Honor system and trial process
- [Speaking Center](#) - The Speaking Center provides students with the highest quality service to assist them with their communication skills so that all Virginia students can realize their full oratorical potential.

- **ESL Opportunities**

- ****[Center for American English Language and Culture](#)** - English assessment and courses, writing center ESL tutoring, volunteers for English practice and consultation
- ****[Volunteers with International Students, Staff, and Scholars](#)** - practice English together, meet new people, build meaningful relationships, and learn about other cultures through the VISAS program which serves international members of the UVA community
- ****[Multilingual Outreach Volunteer Effort](#)** - assist with small translating and interpreting requests from Charlottesville-area non-profit community-based and educational organizations, as well as units within UVA
- [International Center](#) - informal ESL groups and ESL classes open to students, scholars, family members, and community members

Networking/Career Resources

- [Office of Graduate & Postdoctoral Studies](#) - University-wide programs and support for grad and post-doc, holds professional development events specifically for international students
 - [Fellowships and Grants](#) - Information about fellowships and grants
 - [Virginia Alumni Mentoring Network](#) - a service that matches you with UVA alumni mentors to guide you through various internship, graduate school, and career decisions.
 - [International Career Guide](#) - Resources to prepare for future career/job search
 - [Handshake](#) - a place to find applications for internships and jobs as well as networking events (both virtual and in-person).
 - [VMock](#) - a digital service that gives you immediate feedback on your resume.
 - [Career Center](#) - UVA staff who can help you with resumes, job interviews, and everything in between!
 - Semesterly Career Fairs
 - Information on [Career Outcomes](#) and more!
 - Newsletter for international students and by topic (Public Policy, etc.)
-

Physical/Mental Health and Supportive Resources

- [UVA Student Health and Wellness](#)
 - Offers wide range of health and wellness services for all students, most services are covered by comprehensive student fee, takes all insurance
- [Counseling and Psychological Services](#)
 - 24/7 Crisis, Emergencies, and Appointments: (434) 243-5150
 - Both [Individual](#) and [Group Therapy](#) (there is usually an international students support group during semesters)
- [TimelyCare](#)
 - 24/7 virtual, wraparound mental health care at no cost which include:
 - TalkNow: 24/7, on-demand access to a mental health professional to talk about anything at any time. Students can connect to TalkNow within minutes to discuss any level of concern, from conflicts with roommates to more serious mental health crises.
 - Scheduled Counseling: 12 scheduled telehealth counseling visits with a licensed mental health provider, either in Virginia or the rest of the U.S.
 - Psychiatry: Scheduled appointments available through referral by CAPS or a TimelyCare counselor.
 - Group Sessions: Weekly Guided Meditation and Yoga Group sessions, plus specialized discussions throughout the year.
- [Maxine Platzer Woman's Center](#) (located on The Corner)
 - Offers free confidential counseling

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COVID-19 and Visa Related Information

- **COVID-19 Information:**
 - Country-wise
 - As of June 12, 2022, Center of Disease Control and Prevention (CDC) no longer requires air passengers traveling from a foreign country to the United States to show a negative COVID-19 viral test or documentation of recovery from COVID-19 before they board their flight
 - Check CDC website for more up-to-date information since the pandemic is rapidly evolving and CDC guidance is updated frequently
 - CDC recommends COVID-19 primary series vaccines for everyone ages 6 months and older, and booster shots for everyone ages 5 years and older
 - If you receive COVID-19 vaccines outside the United States, whether you are up to date depends on which COVID-19 vaccine and how many doses you received
 - Learn more about when [people vaccinated outside the United States are considered fully vaccinated](#)
 - In University community
 - All members of the University community must comply with policies and procedures designed to keep the community safe
 - COVID-19 Vaccination and Testing:
 - All students, full-time and part-time, are strongly encouraged to receive their first two doses of COVID-19 vaccine and a booster dose following the CDC recommendation

- Currently, it is NOT required to provide proof of vaccination and boosters
- As of March 2022, prevalence testing is no longer required for unvaccinated students
- Any students with [symptoms of COVID-19](#) should isolate and make a testing appointment at Student Health and Wellness using the [HealthyHoos patient portal](#)
- Students who have been in [close contact](#) with someone who tested positive for COVID-19 should follow [VDH guidance](#) and make a testing appointment at Student Health and Wellness using the [HealthyHoos patient portal](#)
- Face masks:
 - Wearing masks is optional in UVA properties and on public transportation, with the following exceptions: in UVA Health and Student Health and Wellness Center clinical spaces or where patient care is provided
- International travels:
 - Student international travel for university-related purposes, including study abroad, is no longer restricted due to COVID-19
 - Check International Studies Office (ISO) [website](#) and [COVID Considerations page](#) for more information regarding COVID-19 and international travels
- Further information can be found [here](#)
- **VISA information:**
 - International Students & Scholars Program (ISSP) has a lot of helpful information on its [website](#)
 - For questions regarding visa and immigration regulations, please review the ISSP website linked above
 - Students can also schedule an appointment with ISO-ISSP advisor [here](#)
 - Global Greeters cannot answer any questions or give advice related to immigration and visa regulations

Essential UVA Apps

- Facebook and Instagram
- GroupMe (similar to whatsapp)
- TransLoc (bus lines and schedule)
- MobileID (to get into your housing/some academic buildings)
- DuoMobile
- Google Maps (for tracking how long it will take to walk to class!)
- Grubhub (Order food on Grounds so that you don't need to wait in a queue!)
- Venmo (pay friends for anything)

- Veo (to use and pay for the shared electric scooter across Grounds/nearby off-grounds)
 - Some Academic Tips
 - UVA Collab site is where most of your professors post assignments, resources, and the syllabus. If they are early, some professors start uploading the syllabus in early August. Some post 1 day before the first day of class so don't panic if you don;t see your class page yet!
 - If the syllabus is uploaded for your class, read through it carefully and note if there are any supplies (textbook, books, apps) that you need to have ready
 - **Check, check, check your UVA email frequently prior to the first day of class. Instructors may send out important announcements that you would want to know.**
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List of UVA Lingo (plus defs): *find more [here!](#)*

- O'Hill + Croads
 - The Observatory Hill Dining Hall (known as "O'Hill") and the Cross Roads food court (known as "Croads") are the main food options located near to first year dorms – you can use meal swipes and plus dollars here and Croads stays open well past midnight.
- The Corner
 - Generally, the shops along University Avenue (roughly from Bodo's Bagels to Mellow Mushroom)
 - In a sentence: Hey, wanna grab food on the *Corner*?
- Barracks
 - The area with a lot of shops and food places just up the street on Rt. 29. Walking distance from The Law School and Darden School. Easily accessible by bus from most undergraduate housing areas.
- Grounds
 - "Grounds" is synonymous with "campus"
 - In a sentence: I'm a first year, so I live on *Grounds*, but I am planning on living in an apartment off-*Grounds* next year.
- First year, Second year, Third year, Fourth year
 - We don't use the standard US freshmen, sophomore, junior, senior nomenclature – the idea is that you are "a student for life" and UVA is just the start of of your life education
- The Motels
 - The name given to the Alderman Road suite-style dorms – everyone knows what these dorms are and f explaining that you live there gives you respect – they aren't great, but you can take pride in them
- Mad Bowl

- The grassy field across the street from the Fralin Art Museum and down hill from several old fraternity houses – many events including rugby and quidditch games are held here
- Lawn
 - The grassy area in front of the rotunda. People bring blankets to play frisbee, hang out, study, and relax here. Fourth years who live in the rooms facing the Lawn are called “Lawnies”.
- Hotels + The Range
 - The Lawn is central to the University with the Rotunda and Old Cabell on either side of it – lining the lawn is faculty housing known as “Hotels” – some hotels have meeting rooms in the back for clubs, etc. (people do live in hotels though so don’t just walk in!) – each Hotel has a garden that is accessible to students – beyond the Gardens is housing for graduate students called “the Range” (it kind of encases all of the Lawn)
- The Pav
 - Short for “The Pavillion,” the lower level of Newcomb Dining Hall
- The College
 - Short for The College of Arts and Sciences
- E-School
 - Short for The School of Engineering and Applied Sciences
- A-School
 - Short for The School of Architecture
- RA
 - Abbreviation for Resident Advisor. Every student living on Grounds has a Resident Advisor (RA) who lives within their residential community. RAs are supervised by a Senior Resident (SR) who oversees an entire building or residence area. RAs are a great resource. They are there to help you settle in and feel at home in your residence.

Exploring the Charlottesville Area
Check the UVA and Charlottesville guide [here](#)

- The Paths around Observatory Hill
 - There are many hiking paths right next to first year dorms! Whether you are looking for a quick hike to unwind from a stressful school day or a longer, more serious hike to do with some friends, there’s a hiking path for you around Observatory Hill!
 - See the path [here](#)!
- Rock climbing at Slaughter recreation center
 - In addition to the Memorial Gym and AFC on Grounds, another great place for sports lovers is the slaughter recreation center located a few more minutes

away from the Observatory Hill dining hall. They have all kinds of sports facilities, and even a rock climbing center!

- <https://recsports.virginia.edu/src>
- Open Nights at the McCormick Observatory
 - The historic McCormick Observatory is open to the public on the FIRST and THIRD Friday nights of every month (except holidays) year round. Admission is free but registration is required. Found out more [here](#). You can look through the telescopes and view planets and distant galaxies!
- Humpback Rocks (or Humpback Mountain) ***
 - Humpback Rocks is about a half hour drive from Charlottesville and is a great little hike – perfect for a picnic with some close friends and has some great views for Instagram!
 - Humpback Mountain is a much longer and a bit more challenging of a hike – if you and your friends are the outdoorsy and/or adventurous type with some hiking experience, this is a great trail with fantastic views of the Blue Ridge Mountains.
- Monticello (the Grounds surrounding Monticello)***
 - Monticello is the historic home of the UVA's founder Thomas Jefferson (just a 12 min drive from central Grounds). If you are a history buff or just really want to better understand the US (or the creation of UVA specifically), make sure to check out this UNESCO World Heritage Site! Students get free admission to Monticello on select days. (I would specifically suggest the “Slavery at Monticello” tour for those looking for a deep dive in history).
 - Even if historical homes are not your jam, there are extensive hiking trails surrounding Monticello that are beautiful and worth checking out.
- Kluge-Ruhe Aboriginal Art Collection of UVA***
 - About a 12 min drive from central Grounds, the Kluge-Ruhe Aboriginal Art Collection is a little known “hidden treasure.” The “only museum outside Australia dedicated solely to Indigenous Australian art,” the Kluge-Ruhe boasts unique art that you won't easily find anywhere else. The staff at the Kluge-Ruhe are exceedingly kind and extremely knowledgeable (they also mentioned they would love it if more students visited and studied there!). There are many interesting programs hosted at the Kluge-Ruhe year round, including talks and exhibitions by indigenous Australian artists.
- The Downtown Mall
 - The lovely Charlottesville downtown area boasts many unique, locally owned businesses, including fantastic restaurants featuring diverse cuisines. Before you graduate, be sure to check out a show at the historic Paramount Theater! While Mall activities will have to be more limited this year, the Downtown mall is still worth visiting now as a nice place to walk and to check out local businesses to visit later.
- The Saturday Farmers Market
 - Every Saturday, vendors from all over the state come to the Charlottesville Saturday market to sell their goods. This includes everything from organic

produce and flowers to T-shirts, felted animals, and stickers to jewelry and hand blown glass ornaments—there’s something for everyone at nearly every price range. Even if just to grab a great meal from one of the many food trucks and do some window shopping, the Market is a must visit. The Market is [on the Downtown Mall](#).

- International Grocery Stores
 - Charlottesville has Latino, Asian, African, European [stores](#) where to buy spices and special foods not carried by traditional American stores which do all have aisles dedicated to international foods.
- Morven Farms***
 - The Morven Kitchen Gardens is a UVA student run farm about 19 min away from Grounds! If gardening is your thing, you can volunteer to work there! Or if you love to cook, you can buy a stake in the Morven CSA. Morvan also holds events throughout the year (like an outdoor movie, a speaker series, etc.). Find out more [here](#).
- Carter Mountain Orchard***
 - Perhaps best known for their legendary Apple Cider Doughnuts, Carter Mountain is a UVA classic. In the fall, you and friends can travel 15 min from Grounds to pick fresh apples and get fresh doughnuts.
- The Fralin Art Museum
 - A great little art museum located right next to the architecture school -- has amazing art collections and programs that rotate throughout the year

*** You’re going to need a car/friend with a car to access these. You can also take a quick Uber or Lyft. If you can’t do them your first year, make sure to do them later!

Homesickness Tips

- Stay in touch with family and friends through social media and phone calls/texts; schedule weekly video chats
- Get busy with extracurricular activities (sports, clubs, affinity groups, etc.)
- Find favorite spots on Grounds (e.g., coffee shop, library, garden)
- Explore your new town (e.g., try new restaurants, visit local museums, take hikes/walks, join walkers, runners and hiking groups in Charlottesville)
- Don’t be afraid to talk about being homesick with anyone (friends, CAPS, a professor, etc.).
- Keep a journal of feelings and/or daily life
- Bring pictures and things from home to decorate your room to help it feel more homey and comfortable/familiar
- Talk to students who have similar experiences as you (most students will feel homesick at some point also!)
- Bring some ingredients that may not be as available here to cook with to get a taste of home

Global Greeters' Favorite UVA Traditions

August:

- Wahoo Welcome Events - from concerts to convocation, come to as many events as you can to meet new people from all across grounds.

September:

- Football Season - Catch a home game in Scott Stadium and cheer on our athletes! You also get the chance to sing the Good Old Song with many of your peers.

October:

- Family Weekend and CultureFest - Invite your family to come down to watch a football game and also join in on a celebration of cultural performances and more at CultureFest, organized by the University Programs Council.
- Trick or Treating with local Charlottesville kids on the lawn

December - February:

- Lighting of the Lawn - Normally occurring the evening before the last day of fall semester classes, there are acapella music and dance performances that lead up to the lighting up of the Rotunda
- First snow normally occurs around this time - come out to the lawn, bring a sled, join snowball fights!

March:

- Many cultural organizations have similar large events in the fall and spring to celebrate their cultural heritage.

April:

- Springfest: an event with music, food, fun, and entertainment put together by UPC

May:

- Final Exercises - Watch any of your graduating friends walk the lawn for the final time!

Other Traditions:

- Streaking the Lawn
- Getting the #1 Ticket for Bodo's Bagels
- Scream before the First Day of Finals
- Painting Beta Bridge
- Run with President Jim Ryan; Check out @presjimryan on Instagram for more information
- Secret societies (P.S. Global Greeters has one, so you should join in order to be eligible for the famed Order of the Globe)

Packing List for International Students

Packing is often difficult, even if you've been away from home before! That's why you should check about any restrictions you'll have while traveling; see how many carry-on bags and luggage you can take with you to Virginia without additional costs. Also, there is likely to be a limit to how much each baggage can weigh, so make sure to weigh your bag as you add items. If it exceeds the limit, consider whether what you have included too many non-essential items. After all, you can always buy things once you arrive in Charlottesville! P.S. Global Greeters will host shopping trips before classes start so keep an eye out for that :)

We have included a list of items that you will likely want to have with you as you settle into Charlottesville. Remember: you don't have to have all of these items when you leave for or arrive in Charlottesville! You can even buy certain items like computers through Cavalier Computers, which includes a warranty that covers repairs for accidental damage (https://www.uvastudentcomputers.com/site_why.asp).

Most upperclassmen (non-first year) housing comes with a fridge and microwave, but do check.

Essentials

Visa documentation
Updated I-20 form
Passport
I.D.

Electronics

Adapters
Phone
Phone charger
Laptop
Laptop charger
Headphones
Camera (optional)
Speakers (optional)

Footwear

Running Shoes
Boots
Other shoes of choice

Clothes

Rain jacket
Rain boots
Winter coat

Medicines & First Aid

Any medication or prescriptions
Adhesive bandages, antibiotic ointment
Contact lenses, if you wear them

Bath

Shower shoes (cheap flip-flops)
Towels
Shampoo (just enough for when you arrive. You can buy a bigger bottle later)
Shower caddy (a bag to carry all your stuff to the bathroom)
Hairstyling products
Toothpaste and toothbrush
Comb/brush
Tweezers
Nail clippers
Hair dryer/straightener/curling iron
Razor and shaving cream
Lotion

Bedding

Bed sheets and blankets
Pillows

Slippers (optional)
Shirts, long sleeve
Shirts, short sleeve
Pants
Shorts
Dresses/skirts
Work-out (exercise) clothes

School Stuff
Backpack
Water bottle
pencils/pens
Notebook/paper
Other study materials

Optional Stuff

Photographs
Masks
Wall art/posters
Umbrella
Earplugs
Eye mask

Can Buy At Destination

Feminine hygiene products
Paper towels, cleaning products
Shampoo
Clothes hangers

Housing and Residential Life also has a general list of things to pack [here](#). If you are living in On-Grounds housing, pay close attention to items that are prohibited. Also check out what is already included in your On-grounds room here by searching [here](#).