

# College Packing List

## Medicine Cabinet

- nasal spray
- oscillococcinum
- eucalyptus essential oil
- nux vomica
- Olbas Oil
- fire cider
- melatonin/sleep support
- migraine relief
- allergy support
- peppermint tincture
- acid soothe
- vitamin e oil
- mood support
- grapefruit seed extract
- arnica montana
- homeopathics
- colloidal silver
- neti pot
- tea tree oil
- bandaids
- elderberry syrup
- multivitamin
- focus support

## Fun Extras

- simple recipe books
- essential oil diffuser
- essential oils
- moso bags
- room air fresheners
- diffuser jewelry
- wall art
- change purse
- himalayan salt lamp
- dream catcher



## Personal Hygiene

- shower wash/bar soap
- razor
- shaving cream
- shampoo
- conditioner
- dry shampoo
- facial wash
- facial exfoliant
- face mask
- facial moisturizer
- make-up
- organic cotton balls
- cotton swabs
- floss
- toothpaste
- toothbrush
- mouthwash
- tooth whitening powder/pen/strips
- deodorant
- body spray
- hairbrush
- comb
- hair product
- hand soap
- body brush/exfoliating wash cloth
- tweezers
- sunscreen
- natural feminine hygiene products

## Supplies

- napkins
- paper/reusable towels
- tissues
- plates
- garbage bags
- dish soap
- dish sponges
- paper/reusable sandwich bags
- reusable bees wax wrap
- reusable coffee mug/thermos
- reusable water bottle
- all-purpose spray cleaner
- disinfecting wipes
- hand sanitizer
- toilet cleaner
- laundry detergent/pods
- fabric softener
- non-chlorinated bleach
- non-toxic stain remover
- CitrusSolve (cleans off any gunk!)

## Snacks/Food

- oatmeal
- protein powder
- nut butter
- jelly
- popcorn
- tea/coffee/hot chocolate
- cereal
- soup
- non-perishable alternative milks
- salt, pepper
- ramen noodles
- protein/energy/granola bars
- bottled beverages