

# SARAH LAWRENCE COLLEGE

## Office of Residential Life's

Winter/Spring 2022

### Return To Campus Checklist

SLC's Office of Residential Life, in collaboration with the Health & Wellness Center, has compiled the following checklist to assist all students in comfortably and safely returning to campus amid continuing COVID-19 variant spikes across the country.

*\*While most of the items on this checklist are not required, we do highly suggest considering preparing as many of the following items as possible for your return to campus. Not only will these items assist you in the safest possible return to campus, but they will also best prepare you for any potential time required of you to be spent in Isolation/Quarantine (depending on the status of your COVID-19 test results).*

- Mid Sized Travel Bags  
Example: lightweight medium-sized suitcase, large-to-medium duffel bags, any mid-sized bag that can hold a lot, but can also easily be brought up stairs
- Extra Supply of Necessary Medications (enough to last a potential of 5+ days in temporary I/Q housing)  
Example: Insulin, inhalers, contacts, other routine/prescribed medications
- Extra Supply of Over-The-Counter Medications and/or Pain Relievers of your choice (while Health & Wellness can deliver their own medical packs to you in your temporary I/Q space, we also suggest bringing a supply of your preferred OTC medications)  
Example: Ibuprofen, Advil, Aleve, Cough Drops
- New/Extra Hygiene Supplies (we suggest new or recently opened personal hygiene supplies that can last for at least 5+ potential days in temporary I/Q housing)  
Example: toothbrush, toothpaste, mouthwash, retainers, nail clippers, shampoo, soap/bodywash, shaving/skin care products, etc.
- Relevant Health Insurance ID Cards (for any potential medical visits and other health-insurance-related needs)
- Extra Groceries & Other Snack Foods (while you will be provided options for meals from AVI Fresh, we also suggest bringing food items that can be easily transported to a potential temporary I/Q space, and stored/prepared in the provided Microfridge [combination Microwave, Refrigerator, Freezer] within the temporary I/Q space)  
Example: high-protein snacks and meals, microwave-prepared meals; refrigerated meals/items with little-to-no preparation needed, dry goods with little-to-no preparation needed
- Water/Water Filter & Other Preferred Drinks (while you will be provided drink options from AVI Fresh and Water/Gatorade/Ginger Ale from the I/Q Supply Closet we do suggest bringing extra beverage supplies as you see fit)  
Example: water bottle[s] (preferably reusable options), portable water filter[s], portable water heater/tea kettle, tea/tea bags, juices, workout drinks (for potential personal work out in I/Q space), etc.

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### Return To Campus Checklist (Cont)

- Extra Portable Kitchen Supplies (*we suggest bringing any extra kitchen supplies, in accordance with what kitchen supplies are permitted in the Isolation/Quarantine-Designated Dorm*)  
Example: recyclable/low-impact disposable utensils, reusable utensils, reusable or biodegradable straws, easily-washed reusable dishes, dish soap, sponges, etc.
- Extra Linens (*while you will be provided 1 set of linens [pillows, sheets, comforter, towels] from the college in your potential temporary I/Q space, we also suggest bringing extras of your own for your own preferred comfort needs*)  
Example: preferred personal pillow[s], travel pillow[s], preferred personal blanket/comforter that can be easily washed immediately following discharge from temporary I/Q space
- Technology & Portable Cases for Technology (*any easily portable technology that can replace larger non-portable tech items in case of relocation to Isolation/Quarantine space; as well as, easy-to-carry cases for technology you will want to transport*)  
Example: portable mini-projector (to replace large TVs or Monitors), lightweight laptops, tablets, educational aids/tech, etc.
- Zinc and Vitamin C Supplements (these supplements suggested by Health & Wellness can help with symptoms and recovery from COVID-19; however, these supplements can be taken once a day regardless of COVID-19 status, in accordance with your health care provider's recommendations)
- A COVID-19 Booster (with the exception of students who cannot be vaccinated due to approved medical or religious exemptions, when you are eligible for a booster shot [at least five months after your last dose of the Pfizer or Moderna vaccine, or two months after your Johnson & Johnson vaccine] the college requires you to get one and upload a record of this to the Patient Portal. If possible, it's ideal to get your booster before the start of the spring semester)\*
- Extra Masks (*individuals should wear the best fitting, highest quality mask available to them; whether reusable or disposable, we suggest having an ample supply of fresh/sanitized masks for your daily use*)  
Example: Multi-layer cloth masks with a filter, a surgical mask under a cloth mask, and KF94, KN95, or N95 masks are all appropriate options
- An Isolation/Quarantine Plan or Prepared Bag (always be prepared in case of a need for temporary Isolation/Quarantine).

**Reminder:** When planning to test before returning to campus, be aware that you may need to schedule your testing considerably ahead of time of when you will be traveling, to account for potential delays in your area when receiving results. This will give you time to schedule accordingly, help keep you & others safe while traveling, and could mean the difference between isolating in your own home vs. isolating on campus.

*\*Health & Wellness is happy to help students find locations close to campus that are administering booster shots.*