

FOR IMMEDIATE RELEASE

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Packing Smart for College: A Freshman's Guide to Dorm Living

Packing for college is a milestone moment—exciting, nerve-wracking, and often overwhelming. For many incoming freshmen, moving into a dorm is the first big step toward independence. Whether you're a meticulous planner or a last-minute packer, having a strategy can turn chaos into calm.

As I prepare to move my own daughter to college for the first time, I'd like to share some tips that have been helpful for our family as we plan.

First, let's talk about must-haves. Bedding basics – most dorm beds are twin XL, so make sure your sheets fit. Also, bring a comforter, pillows, a mattress protector, and possibly a mattress topper. Dorm rooms are tight on space, so get creative with storage solutions. Invest in under-bed storage, hanging organizers for closets and doors, and stackable drawers or cubes. Don't forget the basics that make life better, including a laundry hamper, laundry supplies, towels and washcloths, and a desk lamp, as most dorms don't provide one. You'll need personal items such as toiletries, power strips, chargers, and headphones. As you're prepping for the move, don't forget school supplies – learning is the most important part of college. Stock up on notebooks, pens, folders, a backpack, a laptop, and USB drives.

Next, talking about what to leave at home is just as important. First, remember that closet space is limited. Bring only clothes for the season. You can swap out items during weekend visits home as long as you're close enough. Check with your school before packing kitchen appliances. Most dorms prohibit hot plates, toasters, and even coffee makers. You may want a mini-fridge or microwave, but check with your roommate before purchasing. No need for two in a small dorm room! Be careful with the sentimental valuables. Dorm life can be unpredictable, so it's best to leave irreplaceable items at home.

Finally, be sure to label everything from your boxes to your surge protector. Bring tools like scissors, duct tape, and a screwdriver for quick setups. Packing a "first night bag" with pajamas, toiletries, and chargers will help you adjust until you get through all your boxes and are settled.

Think practical, stay organized, and remember – you don't need to bring everything, just what helps you feel at home while living on your own. For Avery Smith, that means a picture of your family for sure, ok? Best of luck to all of those preparing for a new chapter.

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