

# Packing Checklist for Quarantine/Isolation



- ☐ Enough clothing for at least a week, including loungewear and/or pajamas
- ☐ Toiletries: glasses, contacts, soap, toothpaste, toothbrush, comb/brush, etc.
- ☐ Books, notes, and items needed to complete coursework
- ☐ Laptop + charger
- ☐ Phone/tablet + chargers (important phone numbers and contact information)
- ☐ Medicine, prescriptions
- ☐ If you are being temporarily placed on campus, bring your own linens – bedding, pillow, blanket, towels, etc. If you are placed at our partner hotel, linens will be provided.
- ☐ Snacks, non-perishable food, water bottle
- ☐ Our Wellbeing Team works to give students in quarantine the opportunity for outdoor time, as the weather begins to shift please consider bringing a jacket and also a raincoat or umbrella so that you can take advantage of these opportunities comfortably.

Additional information can be found at

**[rlh.wfu.edu/quarantine](http://rlh.wfu.edu/quarantine)**



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