



COVID Emergency Bag Checklist



Electronic Devices: Phone Laptop iPad/Tablet

Chargers for All Devices Traveling With You

Wallet/ID/Health Insurance Card/Plastic Money

Two Changes of Clothes

Extra Socks & Undies 

Toothbrush & Toothpaste

Hairbrush/Comb

Deodorant

Medications/Vitamins

Prescription Glasses 

Razor

Additional Toiletries 

Face Mask
Bring your favorite, or most comfortable mask(s). Just in case!

Non-Perishable Snacks

Class Supplies

Comfort Item: Pillow, blanket, stuffed animal, etc.

Take your health insurance card! Also, your phone should always have front and back images of your health insurance card, too, for emergencies.

Other Items I Will Want With Me:

This is a starting point of items to strongly consider should you be quarantined while on campus.

For more information listen to episode #103 of the Your Empty Nest Coach podcast.

Available wherever you listen to podcasts!

Remember: You are AMAZING!