

pre-college checklist

Before You Go

- ☐ **Create an Emergency Contact List:**
Include family, friends, and important campus contacts.
- ☐ **Health Information:**
Document any allergies, medical conditions, and current medications.
- ☐ **Digital Copies of Important Documents:**
Save scanned copies of your ID, insurance card, and other crucial documents in a secure cloud storage service.
- ☐ **Self-Defense Awareness:**
Consider taking a self-defense class before heading to college.

Emergency Kits

- ☐ **First Aid Kit:**
Don't forget to order your fully stocked Freshman Life Pack!
- ☐ **Emergency Supplies:**
Flashlight, batteries, non-perishable snacks, water bottle.
- ☐ **Weather-Specific Items:**
Umbrella, raincoat, warm clothing (if applicable).

Campus Familiarity

- ☐ **Emergency Exits:**
Identify the emergency exits in your residence hall, classrooms, and common areas.
- ☐ **Designated Meeting Points:**
Establish meeting points for various scenarios on and off-campus.
- ☐ **Know the Emergency Alert System:**
Understand how your campus communicates emergency information.

Transportation Safety

- ☐ **Know Local Transportation Options:**
Familiarize yourself with public transportation routes, ride-sharing services, and campus shuttles.
- ☐ **Map Out Walking Routes:**
Identify safe walking routes on and off-campus.

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Communication Plan

- ☐ **Emergency Contacts:**
Share your emergency contact list with a trusted friend or family member.
- ☐ **Communication Device:**
Ensure your phone is fully charged, and consider having a portable charger.
- ☐ **Communication Apps:**
Download communication apps that work well in emergencies (e.g., text messaging apps).

Evacuation Plan

- ☐ **Know Evacuation Routes:**
Be aware of primary evacuation routes from your residence hall and campus.
- ☐ **Emergency Shelter Locations:**
Identify nearby emergency shelters.

Stay Alert

- ☐ **Sign Up for Alerts:**
Register for campus and local emergency alert systems.
- ☐ **Stay Informed:**
Follow local news and weather updates.

Notes:

Checklist created by:



Financial Preparedness

- ☐ **Emergency Fund:**
Have a small emergency fund for unexpected expenses.
- ☐ **Financial Document Security:**
Protect your financial information and consider digital storage.

Mental Health

- ☐ **Counseling Services Information:**
Know how to access campus counseling services.
- ☐ **Self-Care Resources:**
Explore self-care resources available on campus.

Rate your preparation



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