

The University of Alabama COVID-19 Isolation/Quarantine Packing List

The federal Centers for Disease Control and Prevention (CDC) recommends that individuals self-quarantine for 14 days if they've been in close contact with someone confirmed to be infected with COVID-19. In addition, individuals who are symptomatic or have tested positive for COVID-19 should self-isolate for 14 days. The following packing list is provided as a suggested guide for items that you may consider bringing with you to ensure comfort during your two-week stay.

- **CLOTHING**
 - Comfortable lounging clothes
 - Slippers or house shoes
 - Flip flops or shower shoes
- **MEDICAL**
 - Prescription medicines (30-day supply)
 - Over-the-counter medicines (fever reducers, pain relievers, antacids, cough and cold, and antihistamines)
 - Touchless thermometer
 - First Aid Kit
 - Contact lens & contact solution
 - Eyeglasses
- **LINENS**
 - Comforter and/or blanket
 - Twin Sheets
 - Pillow
 - Bath Towels
- **HYGIENE**
 - Body Wash
 - Shampoo & Conditioner
 - Hand and Body Lotion
 - Oral care (toothbrush, toothpaste, mouthwash, dental floss)
 - Antibacterial hand soap
 - Feminine care products
 - Razors and shaving cream
 - Comb or hairbrush
 - Hand Sanitizer with high alcohol content
 - Shower Caddy
 - Face Mask
- **FOOD**
 - Nonperishables (grains, rice, oats, pasta)
 - Canned goods (beans, soup, tuna)
 - Snacks (crackers, popcorn, nuts, granola bars, fruit)
 - Comfort foods (coffee, chocolate, candy)

- **DRINKS**
 - Water
 - Hydrating drinks (Gatorade or Pedialyte)
- **SUPPLIES**
 - Paper Products (toilet paper, facial tissue, paper towels, paper plates)
 - Trash bags
 - Disinfecting wipes and spray
 - Laundry detergent
 - Dish soap/detergent
 - Batteries
 - Can opener or multipurpose tool
 - Disposable silverware
- **TECHNOLOGY**
 - Laptop, iPad, or tablet
 - Cell Phone
 - Chargers for phone and electronics
 - Extension Cord
 - Headphones
- **SCHOOL SUPPLIES**
 - **Books**
 - **Required Software**
 - **Notebooks**
 - **Pens/Pencils**
 - **Any other necessary academic supplies**
- **MISCELANEOUS**
 - Copies of health insurance cards
 - Contact information for your medical providers
 - Textbooks and supplies (notepad, pens, pencils)
 - Books, magazines, etc.