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
  o Water
  o Hydrating drinks (Gatorade or Pedialyte)

• SUPPLIES
  o Paper Products (toilet paper, facial tissue, paper towels, paper plates)
  o Trash bags
  o Disinfecting wipes and spray
  o Laundry detergent
  o Dish soap/detergent
  o Batteries
  o Can opener or multipurpose tool
  o Disposable silverware

• TECHNOLOGY
  o Laptop, iPad, or tablet
  o Cell Phone
  o Chargers for phone and electronics
  o Extension Cord
  o Headphones

• SCHOOL SUPPLIES
  o Books
  o Required Software
  o Notebooks
  o Pens/Pencils
  o Any other necessary academic supplies

• MISCELANEOUS
  o Copies of health insurance cards
  o Contact information for your medical providers
  o Textbooks and supplies (notepad, pens, pencils)
  o Books, magazines, etc.