

College Dorm Checklist 2025: Non-Toxic Edition

Bedding & Sleep Essentials

- ☐ Organic GOTS-certified pillow case & sheet set
- ☐ Organic GOTS-certified comforter
- ☐ Organic GOTS-certified mattress topper
- ☐ Organic 100% natural fiber & fill pillow
- ☐ Organic 100% natural fiber blanket
- ☐ Lead-free glass water carafe + cup set
- ☐ Organic GOTS-certified mattress protector
- ☐ Natural fiber futon

Personal Care Essentials

- ☐ Non-toxic shampoo & conditioner
- ☐ Plastic-free toothbrush (including bristles)
- ☐ Organic plastic-free toothpaste
- ☐ PFAS-free floss
- ☐ Safety razor with blades
- ☐ Organic cotton towels
- ☐ Organic bath rug
- ☐ Organic bathrobe
- ☐ Non-toxic plastic-free deodorant
- ☐ Non-toxic 100% natural skincare
- ☐ Non-toxic 100% natural makeup
- ☐ Non-toxic 100% natural perfume/cologne
- ☐ Non-toxic plastic-free sunscreen
- ☐ Non-toxic plastic-free chapstick
- ☐ Unbleached PFAS-free toilet paper and paper towels

Laundry & Cleaning

- ☐ Wool dryer balls
- ☐ Fragrance-free or essential oil scented laundry detergent
- ☐ Non-toxic stain remover stick

- ☐ Non-toxic disinfectant spray
- ☐ Natural fiber laundry bag
- ☐ HEPA filter handheld vacuum

Kitchen & Dining

- ☐ Zero-waste lunch set (stainless tiffin + bamboo cutlery)
- ☐ Gravity water filter (removes PFAS, microplastics, pharmaceuticals & more)
- ☐ Lead-free glass food storage containers
- ☐ Lead-free ceramic dinnerware set
- ☐ Stainless steel utensils
- ☐ Dish brush (plastic-free bristles)
- ☐ 100% natural dish soap
- ☐ Organic cotton dish towels
- ☐ Stainless steel water bottle (BPA-free)
- ☐ Mini fridge
- ☐ 100% stainless steel PFAS-free air fryer/toaster oven

Electronics

- ☐ Laptop or tablet
- ☐ Blue light blocking glasses
- ☐ Surge protector
- ☐ Solar-powered backup charger
- ☐ Noise-cancelling headphones
- ☐ Printer

Desk & Study Supplies

- ☐ Recycled notebook
- ☐ Plastic-free pens/pencils

Air Quality & Wellness

- ☐ HEPA air purifier
- ☐ Organic essential oils + diffuser
- ☐ Himalayan salt lamp
- ☐ Organic black-out curtains

☐ Natural fiber rug

☐ Air purifying small plants

Storage & Organization

☐ Undyed cotton or hemp storage bins

☐ Stainless steel hooks or wall racks

☐ Drawer organizers (wood or bamboo)

Move-In Day Essentials

☐ Reusable grocery bags

☐ First-aid kit with non-toxic supplies

☐ Emergency whistle or personal alarm

☐ Compact flashlight

☐ Non-toxic cleaning supplies

☐ Rain jacket/rain boots