Shopping List Ideas

Bedroom
- Bed sheets
- Pillows
- Blanket/comforter
- Hangers
- Waste paper basket
- Table lamps
- Alarm clock

Kitchen Items
- Cups, Plates, Bowls
- Cutlery (forks, spoons, knives)
- Cooking utensils
- Pots & pans
- Plastic wrap/aluminum foil
- Kitchen towels
- Dish soap & cleaning supplies

Groceries
- Vegetables
- Fruits
- Meats
- Dairy (milk, cheese, yogurt, etc.)
- Rice, Bread
- Cereals, etc.
- Drinks (juices, milk, teas, coffees, etc.)
- Condiments/Sauces (soy sauce, mustard, mayonnaise, cooking sauces, sugar, salt, pepper, etc.)

Bathroom/Toiletry Items
- Toothpaste & toothbrush
- Shaving supplies
- Shampoo/conditioner
- Body & hand soaps
- Body & hand lotions
- Toilet paper
- Tissues
- Bath towels
- Hand towels
- Cleaning supplies (soaps, bucket, scrub brush/sponge, etc.)

School Items
- Pens & Pencils
- Notebooks & Paper
- Three ring binders/folders
- Computer ink cartridges
- Sticky pads

Compliments of: Office of International Student Services (OISS) / 201 SC / 757-352-4130 / www.regent.edu/oiss