

UNI ESSENTIALS CHECKLIST

Everything you actually need for uni life in the UK



CHECK FIRST

See what your accommodation provides before you buy.



SHARE

Agree with your flatmates before buying duplicates.



BUY LATER

Some things are easier to decide once you've moved in.



BEFORE YOU BUY

- ☐ Check what your accommodation provides
- ☐ Measure your space
- ☐ Set a budget and stick to it
- ☐ Agree with flatmates on shared items
- ☐ Don't forget the little things



STUDY & TECH

- ☐ Laptop
- ☐ Laptop case
- ☐ Chargers & cables
- ☐ Headphones
- ☐ USB memory stick / external drive
- ☐ Desk tidy
- ☐ Notebooks & pens
- ☐ Highlighters & sticky notes
- ☐ Printer or printing credit
- ☐ Extension lead



BEDROOM

- ☐ Duvet & pillows
- ☐ Bed sheets (2 sets)
- ☐ Mattress protector
- ☐ Blanket / throw
- ☐ Clothes hangers
- ☐ Storage under bed / boxes
- ☐ Laundry bag or basket
- ☐ Desk lamp
- ☐ Full-length mirror
- ☐ Bin



KITCHEN

- ☐ Kettle
- ☐ Mugs, glasses & water bottle
- ☐ Plates, bowls & cutlery
- ☐ Pans & cooking utensils
- ☐ Food storage containers
- ☐ Chopping board & knife
- ☐ Tea towels
- ☐ Washing-up liquid & sponge
- ☐ Bin bags

TOP TIPS



1. TAKE PHOTOS

Take photos of your room when you move in. It helps if there are any issues later.



2. GET ORGANISED

Label boxes and pack a first-night bag so key essentials are easy to reach.



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LAUNDRY & CLEANING



- ☐ Laundry basket / bag
- ☐ Detergent & conditioner
- ☐ Aler
- ☐ Iron & ironing board
- ☐ Clothes brush / lint roller
- ☐ Multi-surface cleaner
- ☐ Toilet cleaner
- ☐ Microfibre cloths
- ☐ Dishcloths
- ☐ Hoover — check with flatmates

BATHROOM



- ☐ Towels
- ☐ Toiletry bag
- ☐ Shampoo & shower gel
- ☐ Toothbrush & toothpaste
- ☐ Toilet roll
- ☐ Hand soap
- ☐ Skincare / essentials
- ☐ Hairbrush / hairdryer
- ☐ First aid kit
- ☐ Razors / shaving items

EVERYDAY CAMPUS



- ☐ Backpack / bag
- ☐ Water bottle
- ☐ Reusable coffee cup
- ☐ Travel mug
- ☐ Umbrella
- ☐ Raincoat
- ☐ Stationery
- ☐ Student ID / lanyard
- ☐ Padlock for locker / bike
- ☐ Batteries

LAST-MINUTE CHECKS



- ☐ Passport / photo ID
- ☐ Student finance / bank details
- ☐ Accommodation details
- ☐ Emergency contacts
- ☐ Medicines & prescriptions
- ☐ Insurance documents
- ☐ Travel tickets / Railcard
- ☐ Important phone numbers

MY EXTRAS



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



YOU'VE GOT THIS!

Don't stress about getting it all perfect — you can always buy things once you're there.



UNI LIFE: TIPS TO HELP YOU THRIVE



BUDGET & MONEY

- Set a weekly budget and track your spending
- Use student bank accounts with no fees
- Look for student discounts: UNiDAYS and TOTUM
- Cook more meals at home
- Avoid payday loans
- Check whether you're entitled to a bursary or grant



TRAVEL & TRANSPORT

- Consider a 16–25 Railcard
- Use student bus passes where available
- Download local transport apps
- Walk or cycle where practical
- Plan ahead for late-night travel
- Keep an emergency travel contact saved



STAY SAFE

- Trust your instincts
- Keep your phone charged
- Share your location when going out
- Know 999 and NHS 111
- Look out for each other
- Report anything that doesn't feel right



PART-TIME WORK

- Check your visa conditions if applicable
- Look at major job boards and your uni job board
- Consider on-campus jobs first
- Choose hours that fit around study
- Check your timetable before committing
- Know your employment rights



WELLBEING & SUPPORT

- It's okay not to feel okay
- Talk to friends, flatmates or family
- Use your uni's support services
- Look after sleep, food and movement
- Take breaks and do things you enjoy
- Reach out early when you need help



FLAT LIFE

- Set clear expectations with flatmates
- Keep shared spaces clean and tidy
- Take turns with chores
- Communicate kindly
- Respect quiet time
- Make your space feel like home



FIRST WEEK AT UNI — DON'T FORGET



Register with a GP



Find the library, careers service and student support



Download the uni app and check your email



Explore campus and the local area



Join course and halls group chats



GOOD TO KNOW



IMPORTANT DOCUMENTS

Store them in one place – physical and digital.



KEEP IN TOUCH

A quick call home can make a big difference.



CHECK YOUR EMAIL REGULARLY

You don't want to miss important updates.



BE KIND TO YOURSELF

New places, new people and new routines take time.



ASK FOR HELP

There's no such thing as a silly question.



YOU'VE GOT THIS

Believe in yourself – you're capable of more than you think.

MOVING DAY TIPS



- Pack kettle items separately for the first night
- Keep chargers and essentials easy to reach
- Label boxes or bags
- Make your bed first
- Take photos of the room condition on arrival



FIRST MEALS MADE EASY

- Plan a few easy meals
- Label and date food in the fridge and freezer
- Keep a simple food budget
- Take a reusable lunch bag or containers
- Don't overbuy before seeing your storage space



DIGITAL SETUP

- Back up your laptop
- Use strong passwords
- Turn on Find My Device or phone tracking
- Save important uni logins
- Download uni, email and transport apps



Remember...

Everyone's uni experience is different. Focus on what's important to you and enjoy the journey.

