

## Shopping List Ideas

### Bedroom Stuff:

Sheets/Blankets/Mattress Pad (TWIN XL)

\*Green Tip: buy a mattress pad you can wash and reuse – avoid artificial foam

Pillows/ Pillow Cases

Storage Units



### Electrical Stuff:

Power Strip

\*Green Tips:

- buy one with a long (2m) cord so it will reach your desktop

- Consider a “smart strip” that will let you leave some items powered on, like your fridge, while turning off non-essential items

Lamp

Light Bulbs

\*Green Tip: Purchase LED lamps and bulbs to help save energy and cut costs



### Laundry Stuff:

Laundry Bag

Laundry Detergent

\*Green Tip: look for all-natural, biodegradable detergents

Dryer Sheets

\*Green Tip: look for dryer balls instead – you can use them many times!

Fabric Softener

\*Green Tip: look for non-toxic, biodegradable fabric softener



### Kitchen Stuff:

\*Green Tip: Purchase reusable items, instead of disposable ones

Plates

Bowls

Forks

Spoons

Knives

Cups

Dish Soap

\*Green Tip: look for all-natural, biodegradable detergents

Sponge

\*Green Tip: look for natural sponges



### Shower Supplies:

\*Green Tip: look for all-natural, biodegradable products like shampoo and soap

Shampoo

Conditioner

Body Wash

\*Green Tip: bar soap has less packaging than shower gel or body wash!

Loofah

\*Green Tip: look for a natural loofah, not plastic

Razors

Face Wash

Shower Caddy

Nail Clippers

Shaving Cream

Towels

Hair Dryer/Straightener/Curler

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### School Supplies:

Paper

\*Green Tip: purchase paper and notebooks with recycled content

Pens

Pencils

Highlighters

Notebooks

Folders

Binders

Backpack

Pencil Case

Whiteout

Ruler

Calculator

Agenda

### Other Stuff:

Sunscreen

Bug Spray

Shower Caddy (to hold your shower stuff)



These “Green Tips” will help you save money and energy throughout the year, and will help Washington College cut your costs!