Wondering What To Bring With You To MECA?
The lists below will give you an idea of what is already provided for you in your residence hall room and what items you might want to consider bring with you. There is also a list of items, which need to be left at home as they are not allowed in the residence halls.

Each Room Is Furnished With:
- Closet (shared with roommate)
- Desk & Desk Chair
- Dresser
- Regular Twin Size Bed & Mattress
- Window Blinds
- Wireless Internet Access

MECA Provides:
- Brooms & Vacuums
- Shower Curtains
- Toilet Paper

Suggested Room Items:
- Alarm Clock
- Desk Lamp
- Dry-Erase Wall Calendar
- Fan
- Favorite Movies & Books
- Pictures & Posters
- Storage Bins
- Trash Can
- Under-The-Bed Storage Trays

Suggested Desk Supplies:
- Calculator
- Desk Lamp
- Envelopes & Stamps
- Index Cards
- Notebooks
- Paper Clips & Binder Clips
- Pencils, Pens, Highlighters, Sharpies
- Post-It Notes
- Rubber Bands
- Ruler
- Scissors
- Stackable Desk Trays For Organization
- Stapler & Staples
- Tape
- Three-Hole Punch
- USB Flash Drives
- White Out

Suggested Laundry Supplies:
- Clothes Hangers
- Laundry Bag / Basket
- Laundry Detergent, Fabric Softener, Stain Remover
- Lint Brush
- Quarters For Laundry Machines (you can also use credit / debit cards)

Suggested Linen Supplies:
- Comforter / Blankets / Bedspread
- Mattress Pad
- Pillows
- Sheets & Pillow Cases (Regular Twin)
- Towels

Suggested Toiletries:
- Comb / Brush
- Dental Floss
- Hairstyling Products
- Lotion / Moisturizer
- Nail Clippers
- Razor & Shaving Cream
- Shampoo & Conditioner
- Soap
- Toothpaste & Toothbrush
- Tweezers

Suggested Miscellaneous Items:
- Air Fresheners
- All-Purpose Cleaner
- Aspirin/Tylenol
- Bandages & Antibiotic Ointment
- Can Opener
- Cough Drops
- Light Bulbs
- Paper Towels
- Poster Putty & 3M Hooks
- Shower Catty
- Surge Protector Power Strip
- Tissues
- Trash Bags
- Umbrella
- Water bottle
- Wet wipes
Items To Leave At Home:
- Air Conditioner & Space Heater
- Basic Extension Cords
- Candles & Incense
- Firearms & Fireworks
- Halogen & Lava Lamps
- Pets (other than fish in a max 3 gallon tank)
- Toaster & Toaster Ovens

Suggestions On Clothing:
You may want to consider just bringing seasonal clothing with you when you move in and store out-of-season clothing at your parent(s) home. Then when you go home for a weekend visit or for one of the breaks, you can swap out your clothing. Winters in Maine are cold, windy and snowy. Be sure to bring appropriate winter gear including, winter-boots, hats, gloves and scarves.

Suggested Essentials:
- Checkbook, Debit / Credit Card
- Medical Insurance Card
- Photo ID
- Prescriptions / Medicines
- Insurance / Renters Insurance – MECA is not responsible for damages to and/or the loss of any personal property. Students are advised to take steps to secure all property as well as to arrange for insurance coverage. Some homeowners’ policies cover students’ belongings while they are away at college. Ask your insurance provider about policies and/or separate coverage.

Sharing Is Great - Check With Your Roommate On The Following:
Often times there are a lot of items which seem like a good idea to bring to college, but when you arrive on move-in day, you find that your roommate also brought along the same items. Many times you and your roommate will be able to share the items listed below.

- Area Rug (most of the rooms on the second floor of Oak are carpeted)
- Coffee Maker / Keurig Machine
- Floor Lamps
- Hair Dryer
- Kitchen Supplies (baking sheet, mixing bowl, etc.)
- Memo Board / Dry-Erase Board
- Microwave & Fridge (4.2 c/f max. Shepley & Miles Standish apartments have fridges provided. A microwave is provided in Oak.)
- Stereo
- Table Settings (plates, mugs, cups, silverware, etc.)
- TV & VCR (a TV & VCR are provided in both the Oak and Shepley Lounges)

* If there are items you use in your daily life that are not on this list, bring them with you. This list is only intended to be a starting point for your packing adventure.

** If you have any questions, please feel free to contact the Office of Residential Education & Housing at: 207.699.5067
Green Back-To-School Suggestions:

Back-to-school shopping...oh boy! Hours to be spent in stores scouring the “back-to-school isles” devoted to helping you find all the latest and greatest accessories with which to furnish your new room. Sustainability and being green are very important to our MECA community; so we have created some green suggestions for you to consider as you prepare for your arrival to campus.

1) If possible, purchase electronics that are ENERGY STAR certified. Items, such as stereos, refrigerators and TVs with the ENERGY STAR logo use between ten and fifty percent less energy than non-certified items. For more information on ENERGY STAR appliances, be sure to check out: www.energystar.gov.

2) Buy compact fluorescent light bulbs (CFLs) for your lights & lamps. A CFL bulb uses on average 75 percent less energy and lasts 10 times longer than a standard incandescent light bulb. While CFL bulbs need to be recycled (and not just be thrown into a trash can), you can give burned out CFL bulbs to the Facilities person in your residence hall to be properly recycled.

3) Purchase a power strip or two and be mindful of what is called “phantom energy.” This is energy that computers, TVs, game systems, cell phone or iPod chargers use even when they are turned off. Consider plugging such these items into a power strip and turning the power strip off when not using the items plugged in to it.

4) Bring your favorite reusable mug/coffee cup/water bottle with you to MECA. This way, when you stop off at the Café for a coffee or tea before your morning class, you can use your favorite mug/cup and save a paper product from being used. The Café also gives you a discount if you use a reusable coffee mug when purchasing a coffee or tea. Reusable water bottles prevent countless plastic bottles from reaching landfills – and save you quite a bit of money!

5) “Scrub-A-Dub-Dub” – When purchasing cleaning supplies, think about environmentally friendly products, which do not contain synthetic compounds. These products have proven just as effective and are comparable in price to more traditional products.