



## Supporting Independent Living: What to Take

Think with the young person about what would be helpful for them to take when moving out of the family home.

General guideline:

- one large suitcase of clothes (for all weather conditions)
- 2-3 boxes of other items
- a bin-liner of bedding

What do they think would be essential and what non-essential things would be helpful for the young person to take with them?

Ask the young person to check what is already provided by the University.

Links for further resources:

- <https://www.thestudentroom.co.uk>
- <https://www.thestudentroom.co.uk/university/freshers/what-to-take-to-university-checklist>