WHAT TO PACK

Contact your area coordinator or student life with any questions.

GOOD TO HAVE
- Umbrella
- Key Ring
- Flashlight
- Camera / Batteries
- Sports Equipment
- Snacks
Contact your area coordinator or student life with any questions.

**BATH AND WASH**
- Shower Shoes
- Towels
- Soap
- Shampoo / Conditioner
- Shaving Cream / Razors
- Shower Basket
- Laundry Basket
- Laundry Detergent
- Dryer Sheets
- Dishwashing Soap

**LEAVE AT HOME**
- Toasters
- Candles
- Pets

**SCHOOL SUPPLIES**
- Binders / Folders
- Paper
- Writing Utensils
- Backpack
- Calculator
- Day Planner

**LIVING**
- Comforter / Bed Spread
- Pillows
- Linens
- Clothes Hangers
- Mugs / Glasses
- Plates / Silverware
- Command Hooks
- Storage Bins
- Power Strips
- Small Refrigerator
- Microwave
- Sewing Kit
- First Aid Kit
- Futon
- Fan
Athletic & Wellness Center
The “AWC” provides all Loras College Students a place to not only workout and maintain a healthy lifestyle, but is the site where all basketball, volleyball games, and wrestling matches take place.

ALUMNI CAMPUS CENTER
Located at the center of campus, the “ACC” provides a variety of resources including campus dining options, the student life and CEL offices, and the locations for multiple campus events.

ACADEMIC RESOURCE CENTER
The “ARC” serves as a resource center, study area, and community gathering space. Essentially, it is the library.
While college students are generally a healthy population, there may be times that illness or injury interferes with campus life. The Loras College Health Center, staffed by two registered nurses, provides a range of health care services to a campus community. The nurses will assess and offer treatment, provide over-the-counter medications, and/or refer to another health care provider, if necessary. We also provide health education and wellness promotion, self-care opportunities and loan equipment.

**HEALTH INFORMATION FORMS**

As part of our commitment to health and wellness promotion, we want to ensure that students are protected against communicable disease. Complete and return the Required Health Information Form including a copy of your insurance card and your vaccine record to the Loras College Health Center via mail, fax or email. Your physician’s office, high school or state health department may have a copy of your vaccine record.

- [ ] Required Health Information Form  
- [ ] Meningococcal Disease Information  
- [ ] Health Requirements for Students Letter  
- [ ] Athletes Only: Athletic Training Forms

**VACCINATIONS**

While we only require two MMR immunizations, we highly recommend that students be immunized for meningitis. Talk to your physician about the benefits of receiving the vaccination.
STUDENT HOUSING

Loras’ residence halls provide an environment of opportunities where students value active learning, reflective thinking, ethical decision making and can be responsible contributors to our community. It’s a place where you meet many people, different from yourself. It is where lifelong friendships are made. Typically, first year students reside in Traditional Residence Halls. Students can live in Alternative Housing when the required number of credits have been earned.

REQUIREMENTS
Students with less than 80 credits or who are under the age of 21 by the first day of classes of the fall semester and who do not live with parents, legal guardians, a spouse or children in the city of Dubuque or nearby are required to live in college owned housing for at least three years. All other students may choose to live off campus.

SUPPORT
An AC (Area Coordinator) manages the hall with the help of the student staff. The AC is responsible for advising, counseling, handling conduct issues and providing an environment that will help residents grow academically and personally. An RA (Resident Advisor) is a student staff member. There is usually one RA per floor, and they are responsible for developing community. They assist the AC with programming encourage involvement, deal with conduct issues, assist with community standards and are a great resource for students.

ROOMMATES
Respect and a willingness to communicate clearly are the keys to compatibility for roommates. It’s important to realize that different people can be compatible roommates, if they are willing to keep lines of communication open. To connect with your roommate, spend time together, establish agreements about responsibilities in your space, arrange a study schedule and discuss guidelines about visitors. Your RA can help with this.

TRADITIONAL RESIDENCE HALLS:
Rohlman
Beckman
Binz

ALTERNATIVE HOUSING:
Lynch McCarthy Apartments
Byrne Oaks Apartments
Campus Owned Houses
Smyth Hall
MEAL PLANS

TRADITIONAL MEAL PLANS
Students living in traditional housing (Beckman, Rohlman and Binz) are required to have a traditional meal plan:

<table>
<thead>
<tr>
<th>Plan</th>
<th>Cost</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>PURPLE 125 BLOCK PLAN</td>
<td>$3,700 PER YEAR</td>
<td>This plan allows for 125 meals per semester to be eaten in the Cafe. Features $200 per semester to be used in the Cafe, The Pub, the Duhawk Market, Concessions, Einstein Bros. Bagel and the mini-store in Hoffman (POD).</td>
</tr>
<tr>
<td>GOLD OPEN ACCESS PLAN</td>
<td>$4,715 PER YEAR</td>
<td>Allows for unlimited meals served per semester in the Cafe. Features $200 per semester to be used in the Cafe, The Pub, the Duhawk Market, Concessions, Einstein Bros. Bagel and the mini-store in Hoffman (POD).</td>
</tr>
</tbody>
</table>

Don’t worry if you run out of meals! You can add more Duhawk Dollars or meals online.

ALTERNATIVE MEAL PLANS
All students living in alternative housing (Bryne Oaks, McCarthy-Lynch Apartments, Smyth Hall, Visitation Apartments or college-owned houses) and all commuter students are NOT required to be on a meal plan. However, they may choose to be on a traditional or alternative meal plan.