

Dorm Bedding Checklist

Everything for the bed, from the mattress up. Confirm your bed is Twin XL before buying anything.

The Mattress Layers

- Mattress protector or zippered encasement (goes on first - hygiene)
- Mattress topper, 2-3 inch foam or memory foam (biggest comfort upgrade)
- Mattress pad (optional, adds a soft top layer)

Sheets (Twin XL only - deep-pocket)

- Twin XL fitted sheets - 2 sets
- Twin XL flat sheets - 2
- Pillowcases - 2 to 4

Pillows & Comfort

- Sleeping pillow matched to your sleep position (1-2)
- Extra pillows for sitting up / studying in bed (1-2)
- Comforter or duvet + duvet cover
- Soft throw blanket (warmth + makes the bed look intentional)

Optional

- Bed risers (check housing policy first - unlocks under-bed storage)
- Flannel/jersey sheet set for winter (warmer than cotton percale)

Tip

Buy two complete sets of sheets so one is always clean while the other is in the wash. Standard Twin sheets are 5 inches too short - they will pop off the corners all night.