

## 10 essential items for the healthy college student

When you move away to school, staying fit and healthy can sometimes be a challenge. Below are some essential items every college student should equip themselves with to achieve ultimate health.

Lunchbox

Tupperware

Electric water kettle

Resistance bands

Sleep mask

Multivitamin

**Water bottle:** Whether you are playing hard on the field or studying for long hours in the library, it's crucial for any college student to stay hydrated. **Camelbak** and Bobble offer water bottles that are not only super stylish, but also have water-filtering capabilities.

SPF moisturize

Hand sanitizer

