Before your first block

Every school is different. Wait for your school's own list, then ask a second-year what they actually used before you buy anything big. You've got this!

Check what your school provides

- [ ] Stethoscope or diagnostic kit (some schools hand these out)
- [ ] Laptop or tablet requirements
- [ ] Anatomy lab rules: scrubs color, shoes, what to bring
- [ ] Library e-books and question banks you get free
- [ ] Required vs. just "recommended" textbooks

Worth it for most people

- [ ] One device you can mark up lecture slides on
- [ ] A second monitor for lectures + notes side by side
- [ ] A chair and desk you can sit at for hours
- [ ] Headphones for lectures and the library
- [ ] Anki set up on your computer and phone
- [ ] Meal prep containers and a water bottle
- [ ] Shoes you can stand and walk in all day

Clinical gear (buy mid, not fancy)

- [ ] A solid stethoscope, if your school doesn't give one
- [ ] Reflex hammer, penlight, tuning fork (cheap is fine)
- [ ] Old scrubs and shoes just for anatomy lab

Skip or wait on

- [ ] Every book on the recommended list
- [ ] A premium diagnostic kit before you need one
- [ ] A big stationery haul for pretty notes

Ask a second-year

- [ ] _____
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- [ ] _____
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- [ ] _____

My list: still need

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First-block setup

Set these up in week one, before the first exam shows up. Small systems now save so much stress later!

Study space

- [ ] One spot at home that's only for studying
- [ ] A backup spot (library, study room, coffee shop)
- [ ] Good light and a charger that lives there
- [ ] Phone out of reach during lecture blocks

Daily bag

- [ ] Laptop or tablet + chargers
- [ ] Water bottle and real snacks
- [ ] Headphones
- [ ] Stethoscope on clinical skills days

Systems

- [ ] One calendar with every required session and exam
- [ ] A weekly plan (pick a planning day!)
- [ ] One folder per course for slides and notes
- [ ] Daily Anki reviews before new material

Life admin

- [ ] Find counseling and wellness services (before you need them)
- [ ] Find the learning specialist or academic support office
- [ ] A simple monthly budget for loan money
- [ ] Groceries + one batch-cook day each week
- [ ] One thing that isn't medicine, on the calendar

Questions for my school

- [ ] _____
- [ ] _____
- [ ] _____
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My notes

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