



## What to Bring

The following is a list of first aid/health supplies that each student should bring with them to campus and have in their dorm room:

- Band aids (varying sizes) for small cuts and scrapes
- Gauze and adhesive tape
- An elastic bandage for wrapping sprains
- Antibacterial/ liquid / bar hand soap
- Pocket hand sanitizer (to carry with you) / Refill bottle
- Antibiotic ointment
- Hand lotion (especially for when you are sick and washing your hands frequently or have winter dry skin)
- A thermometer
- Face covering
- A hot/cold pack
- Medicine for allergies, cough, cold and sore throat
- Acetaminophen (Tylenol) or ibuprofen (Advil) for aches, pains and fever
- A copy of your health and immunization records
- A copy of your health/dental/prescription insurance card (carry with you)
- A phone number for your primary physician's office and dentist
- A list of prescription medications/ other medications you take regularly (you should carry this with you)
- A list of any allergies to medication or foods (you should carry this with you)

**Please note: when taking medications of any kind, read the directions and ingredients of the medication you are taking to avoid doubling up on certain medications.**

It is also good to have some of these items in your dorm room for when you are sick and living on campus:

- Small cans of 7-up (or low sugar Gatorade/pedialyte)
- Canned soups (chicken noodle or some sort of broth soup)
- Saltine crackers
- Water
- Extra Kleenex
- Warm fleece blanket for chills
- Icepack for forehead if you run a fever
- Cough drops
- Disinfectant wipe/spray to clean frequently touched surfaces