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

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