



First Aid Supply Kit for College

Basic health supplies may not be at the top of your list of items to bring to college but having a personal supply of over-the-counter medicines and first aid materials can save you a trip to the pharmacy or book store when you don't feel like going out. Many of these medicines are available on-campus but may be more expensive than what you would find at your local stores or if you purchased the generic equivalent. Some of the medicines listed may not be right for you; check with your health care provider if you have special health conditions before using any medicines. We recommend that you bring the following supplies with you at the beginning of the school year.

Over-the-Counter Medicines

Antacids such as Tums, Rolaids, or Mylanta for heartburn or stomach distress.

Acid reducer such as Zantac or Pepcid.

Anti-diarrheals such as Pepto Bismol, Imodium AD, or Kaopectate. Dramamine will also help with nausea.

Anti-histamines such as Claritin, Benadryl, or Chlortrimeton for relief of allergy symptoms.

Anti-inflammatory creams such as Cortaid for minor rashes, itching, or bug bites.

Cough suppressant/expectorant such as Robitussin DM, Delsym, or Vicks Formula 44.

Be sure to include cough drops and throat lozenges.

Decongestants such as Sudafed (Pseudoephedrine) to relieve sinus pressure and stuffy noses.

Fever and pain reducer such as Tylenol (Acetaminophen) or Advil (Ibuprofen.)

Saline nasal spray such as Ocean for relieving dryness in nasal passages.

General Medical Supplies

Band-aids, gauze, adhesive tape, and antibiotic ointment such as Bacitracin or Neosporin for small wounds.

Heating pad to relieve muscle aches and pains.

Thermometer to check for fever. Purchase a digital one, they are inexpensive and easy to use. Avoid the glass thermometers, if they break you will be exposed to harmful mercury.

Reusable hot/cold pack for minor sprains and strains.

Ace wrap also for minor sprains.

All health insurance and prescription cards or front and back copies of these cards.