



# What to Pack in a Health Supplies Kit for College

The following list are just suggestions; you should adapt this list to suit your own situation. To save packing or shipping, it might make sense to buy some of these items after you arrive.

## First Aid Basics

- **Thermometer:** Your student might feel hot, but is it a fever? He or she won't know without a thermometer. Get a regular oral digital thermometer and make sure your teen knows how to use it.
- **Adhesive bandages/band aids:** Include small, medium and large bandages for all sizes of cuts.
- **Antibiotic ointment:** To prevent infections in a wound or minor burn.

## Over the Counter (OTC) Medications

When you need medication for a headache, fever or heartburn, it's nice to have some over-the-counter medications on hand and avoid a trip to the store.

*\*Be sure to read the labels of any medications you are taking before consuming it.*

Check with your doctor to see if these OTC medications can be taken with other medication you may be taking.

### Essentials:

**Acetaminophen** (Tylenol): Great for headaches, fever and other aches and pains. Advise your student not to use acetaminophen if he or she is going to drink alcohol. The combination of the two can cause liver damage. Alcohol and acetaminophen are taken within a few hours of each other is a significant problem, but regular alcohol drinkers should avoid acetaminophen at any time.

**Ibuprofen** (Advil): Also great for fever, headaches and particularly for pain from inflammation or swelling. Be aware that ibuprofen can be irritating to the stomach, so it's still important for your student to avoid alcohol when using this medication and take with food.

**Diphenhydramine** (Benadryl): Whether it's an itchy bug bite or a stuffy nose from a friend's dog, diphenhydramine is great for allergies of many kinds.

**Cough drops or sore throat lozenges:** For minor throat pain, these can be great to soothe the irritation and scratchy feeling in the throat. (Honey has also been shown to calm a cough — but that might be messy in a first aid kit!).

### Additional Items to Consider:

**Antacids:** with the new foods your student will be experiencing, these are nice to have on hand.

**Anti-itch cream** (cortisone cream): for bug bites and rashes.

**Antidiarrheal** (Loperimide/Immodium/Pepto-Bismol).

**Cough/Cold medication** (e.g., Dayquil/Nyquil).

## Virus Protection

- **Face Coverings:** bringing a set of 4-6 washable face coverings will insure that your student has a clean face covering on a daily basis.
- **Hand Sanitizer:** bring both a small bottle to hang off a backpack to use throughout the day along with a bottle to refill that portable bottle.

## For Sprains, Strains and Similar Injuries

- **Elastic bandage (Ace wrap):** to wrap and provide compression for sprains and strains.
- **Disposable Hot/Cold pack:** for bringing cold to a new injury or warmth and blood flow to an older injury.

## General OTC Items