

# College Health Checklist:

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## Don't forget to:

- Bring your prescriptions
- Immunization card (up to date)
- Health insurance card
- List of allergies
- Medical history (on phone/computer or printed out)
- Bring First Aid or Healthcare Book
- Locate Student health Building on campus (get the hours of operation)
- Locate local Urgent care/ER/Hospital

## Emergency Kit (store near first aid kit):

- Flashlight and batteries (save phone battery for calls)
- Bottled Water
- Non-perishable food (or at least something that will last months like protein bars)
- Duct Tape
- Scissors

## First Aid Kit Supply List:

- Thermometer
- Hand Sanitizing Gel
- Sterile Pads/Gauze (4X4)
- Sterile Pads/Gauze (2X2)
- Instant Cold Pack (2 single use)
- Saline Solution (rinses eyes and wounds)-12 oz. bottle
- Gentle paper tape
- Waterproof tape
- Ace Elastic Bandage (6 Inch width) latex free
- Ace Elastic Bandage (4 inch width) latex free
- Elastic Bandage (2 inch width) latex free
- Flexible water resistant Band-aids
- Flexible Fabric Band-aids
- Kerlix/Rolled Gauze (4 inch)
- Kerlix/Rolled Gauze (2 inch)
- Alcohol Swabs
- Telfa Non-Stick Pads (3X4)
- Butterfly Closures
- Reuseable Compress
- Latex Free/Powder Free Gloves
- Tweezers
- Sterile Q-Tip Swabs
- Scissors
- Medicines (Topical and Oral):
  - Ibuprofen (i.e. Advil or Motrin) 200mg tablets
  - Tylenol
  - Cold/Congestion medicine (Get one without Acetaminophen or Ibuprofen)
  - Cough Medicine (Get one without Acetaminophen and Ibuprofen)
  - Benadryl (25 mg)
  - Antacid
  - Cough Drops
  - Polysporin/Antibiotic Ointment
  - Cortaid (1% Hydrocortisone) Anti-Itch Cream
  - Calamine Lotion (8 oz.)
  - Sunscreen (SPF >30)
  - Aloe Gel for Sunburn

