



COLLEGE FIRST AID CHECKLIST

We suggest that you bring a self-care/first-aid kit that contains:

- A thermometer
- Band-Aids (various sizes)
- 4×4 gauze pads
- polyester “silk” adhesive tape (Durapore)
- First Aid ointment, such as bacitracin or triple antibiotic ointment
- Hydrogen peroxide
- Ibuprofen (Motrin) or Naproxen (Aleve) and Acetaminophen (Tylenol)
- An over the counter allergy product that contains an antihistamine
- An over the counter cold product that contains a decongestant
- An anti-diarrheal medication such as Loperamide (Imodium)
- An over the counter cough suppressant
- Saline nasal mist
- Throat lozenges
- Cough drops
- Chewable antacid tablets (Tums)
- An ace wrap
- An instant ice pack
- A microwaveable hot pack
- Tweezers
- Sunscreen
- Insect repellent

- A list of medications being taken on a regular basis and the conditions the medications are treating.
- A list of known or suspected allergies to medications, food, and environmental allergies.
- A copy of any health insurance cards for plans that cover them.