Suggestions for Creating a First Aid Kit for College

Be Sure to Bring:
- An ample supply of any prescription medications you take or have your doctor call your prescriptions in to a local pharmacy
- A copy of your insurance card (you should also be sure you understand what your insurance covers/doesn’t cover)
- A complete list of any allergies
- A complete list of any medications you take

For Your First Aid Kit:
- Thermometer
- Humidifier
- Hand sanitizer
- Chemical ice pack
- Sock filled with uncooked rice to make a warm pack
- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Diphenhydramine for allergies (Benadryl)
- Bandages (various sizes)
- Treatment for nausea, indigestion or upset stomach (Pepto-Bismol)
- 1% hydrocortisone cream
- Antacids
- Decongestants / cold medicines
- Throat lozenges
- Anti-diarrheal medicine (Imodium)
- 4” elastic bandage (Ace)
- Antibiotic ointment
- Soothing tea
- Ear plugs
- Gauze pads
- Adhesive / paper tape
- Tissues (Kleenex)