The staff of the Student Health Center has compiled the following list of recommended health care items students should bring to college. It is important for students to know what medications they are allergic to. It is also important for students to check the expiration dates of any medications before they are taken.

INSURANCE INFORMATION
- Copy of Insurance Card
- Copy of Prescription Card if applicable
- Copy of Insurance Benefits

MEDICATIONS
- Any prescription medication currently used. (If there are refills on the medication you may want to transfer the prescription to a local pharmacy. We recommend students bring enough medication to last them through at least the first month of the semester.)
- Cold and Cough Medicines
- Allergy Medications
- Pain relief medicine (aspirin, acetaminophen, ibuprofen)
- Benadryl and/or EpiPen for known allergies
- Imodium
- Stomach Remedies such as Zantac, Pepto-Bismol, Tums, or Pepcid
- Cough drops

First Aid Kit Containing the Following Items
- Cold Pack (disposable)
- Adhesive bandages (assorted sizes)
- Adhesive tape (1" wide)
- Antibacterial hand wash
- Antibiotic ointment
- Antiseptic wipes
- Cotton balls
- Elastic bandage (3" wide) (Ace wrap)
- Gauze pads
- Scissors
- Hydrocortisone cream
- Tweezers

Other Recommended Items
- An extra pair of eyeglasses or contact lenses, and keep a copy of your prescription on hand
- Artificial Tears
- Digital thermometer
- Hand sanitizer
- Flashlight (and extra batteries)
- Tissues
- Sunscreen