Health care item reminder:

These are general item reminders not specifically product endorsements. We expect students to use products that they have used and have worked for them in the past.

Parents, it is important for students to have knowledge of their health insurance, co-pays, pharmacy benefits and co-pays, what services might need pre-authorizations.

Suggestions for items to bring with you to campus:

Acne/cleansing wash and acne cream

Alarm clock: very important!

Allergy medicine: Claritin or Benadryl or other anti-histamine

Anti-Itch cream: for bug bites (also good if you’re going to do road-trips off campus to mountains/lakes on weekends etc)

Bandages and band-aids: for sprains or cuts

Body lotion

Bug spray (to keep your skin from those awful mosquitoes etc)

Cold and cough medicine: Robitussin/Dimetapp, Dayquil/Nyquil etc., lozenges

Contraceptives, Condoms/birth control pills/ etc.

Contacts, lens case, lens solution

Cotton balls: many uses, including applying/wiping off make-up, applying antiseptics to cuts and wounds

Deodorant

Digital Thermometer is important

Disinfecting Wipes are amazing, easy to use and leave a good scent, Clorox, Lysol, etc.

Facial lotion (especially if you’re in a colder climate and your skin will tend to dry out more easily)

Floss

Kleenex or other facial tissue

Mouthwash

Multi-vitamins
Nail clippers/Nail file/Nail polish remover

Pain and fever relief-- Tylenol, Advil, ibuprofen

Q-Tips: tons of uses-- for cleaning the outer part of your ears, for applying or removing make-up, etc

Razor, shaving cream and aftershave for males

Safe or lockbox for valuables: for prescription medications

Shaving lotion, gel or body wash for shaving

Shaving razor

Shower shoes (flip-flops)

Soap container: it'd be best to have a container for it, so the other items in your tote won’t get soppy and sticky.

Sunglasses

Sun block lotion

Toothbrush

Toothbrush case

Toothpaste

Tweezers

Waterless hand sanitizer

Hope this helps!