

### **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 sippy and sticky.

Sunglasses

Sun block lotion

Toothbrush

Toothbrush case

Toothpaste

Tweezers

Waterless hand sanitizer

**Hope this helps!**