SUGGESTED ITEMS FOR YOUR COLLEGE “CHECKLIST”:

- Tweezers, Shears, Clippers, Small Sewing Kit
- Band-aids
- Antibiotic Cream (Neosporin/Bacitracin)
- Alcohol Pads, Witch Hazel
- Hydrocortisone Cream
- Cotton Balls
- Cotton Swabs
- Thermometer
- Pain Reliever (Acetaminophen (Tylenol), Ibuprofen (Advil/Motrin))
- Cold Medicine/Decongestants
- Cough Drops/Cough Syrup
- Allergy Medicine/Antihistamine
- Vapor Rub
- Sore Throat Medicine (Lozenges/Chloraseptic)
- Antacid/Antigas Tablets or Liquid
- Prescription Medications
- Contact Lens Solution
- Vitamins
- Eye Drops
- Hot/Cold Packs
- Hot Water Bottle/Heating Pad
- Ace Wrap
- Humidifier
- Fan
- Lockbox
- Tissues
- Tampons
- Disinfectant Spray
- Hand Sanitizer
- Ear Plugs
- Shower Flip Flops
- Lotion/Vaseline
- Hat & Gloves
- Flashlight

DON’T FORGET TO CHECK OUT THE ON-LINE STUDENT’S SELF CARE GUIDE!

http://www.colgate.edu/offices/support/studenthealthservice/studentsselfcareguide.html