

Over-the-Counter Medications and First Aid Supplies for College

Pain Relievers

- ☐ Acetaminophen (Tylenol)
- ☐ Ibuprofen (Advil, Motrin)

Cold and Flu Remedies

- ☐ Cough suppressants (dextromethorphan)
- ☐ Antihistamines (diphenhydramine for nighttime, loratadine for daytime)
- ☐ Throat lozenges/Cough Drops

Allergy Medications

- ☐ Antihistamines (loratadine, cetirizine, fexofenadine)
- ☐ Eye drops for allergies

Digestive Aids

- ☐ Antacids (Tums, Maalox)
- ☐ Anti-diarrheal medication (loperamide)
- ☐ Laxatives (polyethylene glycol, bisacodyl)

Topical Treatments

- ☐ Hydrocortisone cream (for rashes and itching)
- ☐ Antifungal cream (for athlete's foot)
- ☐ Antibiotic ointment (Neosporin)

Bandages and Dressings

- ☐ Adhesive bandages (various sizes)
- ☐ Sterile gauze pads
- ☐ Adhesive tape
- ☐ Elastic bandages (for sprains)

Cleansing and Disinfecting

- ☐ Antiseptic wipes
- ☐ Hydrogen peroxide or rubbing alcohol
- ☐ Hand sanitizer

Tools and Accessories

- ☐ Tweezers (for splinters)
- ☐ Scissors
- ☐ Thermometer (digital preferred)
- ☐ Safety pins
- ☐ Instant cold packs
- ☐ Fingernail clippers

Personal Items

- ☐ Sunscreen
- ☐ Lip balm (with SPF)
- ☐ Insect repellent

Miscellaneous

- ☐ Rehydration salts or electrolyte solutions (Pedialyte packets)
- ☐ Antacids for heartburn
- ☐ Cotton balls or swabs
- ☐ Medical gloves
- ☐ Eye wash solution
- ☐ Heat pack