



## Packing Your First Aid Kit – University Edition

The following are listed items highly recommended items to help ensure that students are prepared and equipped with basic tools to help keep them safe. Feel free to add or adapt this list to best fit your needs.

### First Aid Basics

- Thermometer: Students will need one to do their daily Self Health Monitoring checklist
- Band-Aids
- Antibacterial ointment
- Hydrocortisone cream 1%
- Medical adhesive tape
- Ace bandage
- Cold/Hot pack
- Q-tips, cotton balls
- Small scissors

### Over the Counter (OTC) Medications

These items are readily available at all pharmacies and grocery stores. Brand name or generic medications are fine. Before taking of any of these medications, read the labels before consuming and check with your health care provider if any of these can be taken with medications you may already be taking.

- Pain Relievers
  - Acetaminophen (Tylenol)
  - Ibuprofen (Advil)
  - Diphenhydramine (Benadryl)
- Cough drops/sore throat lozenges
- Cold medicine and decongestants (Pseudofed)
- Antacids (Tums/Alka-Seltzer/Pepto-Bismol)
- Antidiarrheal (Imodium/Loperimide)

### Additional Protective measures

- Face coverings (face masks)
  - A minimum of two cloth face masks are recommended.
  - Having at least two masks will help ensure that a clean mask is readily available.
- Hand sanitizer: when water and soap aren't readily available, hand sanitizer helps keep hands clean.
- Health insurance card – should be readily accessible should you need to seek medical services
- Student Health, Wellness & Counseling Center contact info
  - Phone: 503-883-2535
  - Email: SHLT@linfield.edu