Health Care Items to Bring to IMSA
Suggestion list
courtesy of the IMSA Student Health Care Services.

**FIRST AID SUPPLIES:**

- Skin cleanser (such as benalkonium chloride) for minor wounds
- Band-Aids
- Triple antibiotic ointment (such as Neosporin)
- Non-adherent pads (such as Telfa)
- Gauze pads
- Tape
- Elastic wrap (such as Ace)
- Plastic bags (such as Ziplocs) to make ice packs

**FOR COLD/FLU SEASON:**

- Facial tissues
- Nasal decongestant (such as Sudafed)
- Cough suppressant/expectorant (such as Robitussin DM)
- Throat lozenges (such as Chloraseptic)
- Acetaminophen (such as Tylenol) or ibuprofen (such as Advil)
- NO ASPIRIN DUE TO RISK OF REYE SYNDROME
- Vaporizer (extra humidity is especially important to help loosen secretions)

**GENERAL ITEMS WHICH MAY BE USEFUL:**

- Multi-vitamin supplement
- Heat pack/Cold pack
- Insect repellent
- Anti-itch lotion (such as Caladryl)
- Sunscreen
- Sunburn gel (such as Aloe)
- Antacid (such as Mylanta)
- Hydrocortisone cream