

Healthcare Items to Bring to IMSA Suggestion List

First Aid Supplies:

- Skin cleanser (benzalkonium chloride antiseptic towelettes)
- Band-aids
- Triple antibiotic ointment (Neosporin)
- Non-adherent pads (Telfa)
- Gauze pads
- Tape
- Elastic wrap (Ace wrap)
- Plastic freezer bags to make ice packs (Ziploc)

For allergy/cold/flu seasons:

- Antihistamine (Zyrtec, Allegra, Claritin)
- Nasal decongestant (Sudafed; requires 18 y/o + ID for purchase)
- Cough suppressant/expectorant (Robitussin DM, Mucinex DM; requires 18 y/o + ID for purchase)
- Throat lozenges (Chloraseptic, Ricola)
- Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), Naproxen (Aleve)
- Facial tissues
- Vaporizer (extra humidity is especially important to help loosen secretions and keep airways moist to prevent irritation that make you more susceptible to infection)
- Table Salt (warm salt water gargles help soothe a sore throat and break up mucous/post nasal drip)

General items which may be helpful:

- Multivitamin/Iron supplement
- Disinfecting wipes (Lysol, Chlorox)
- Heating pad (or gel pack which can be heated/chilled)
- Insect repellent
- Anti-itch lotion (Caladryl, Benadryl spray)
- Sunscreen
- Sunburn gel (aloe)
- Antacid (Mylanta, Maalox, Rolaids, Pepcid AC, Prevacid, Prilosec)
- Hydrocortisone cream
- Lip balm (Chapstick)
- Moisturizing lotion for skin

****Generic formulations are as effective as name brands.**