

As you prepare for campus-life, please consider packing some over-the-counter medications and other self-care items to help you keep feeling your best! A list of some of the most frequently requested items from the Health Center are provided for your convenience:

- Any prescription medicines (consider setting up a Walgreens free-delivery account)
- Thermometer
- Pain and fever-reducing medicines (i.e. acetaminophen, naproxen, ibuprofen)
- Upset stomach medicines (i.e. Tums, Pepto-Bismol)
- Electrolyte drinks
- Multi-symptom cold & flu medicines
- Decongestants
- Cough drops
- Allergy medicines
- Anti-itch creams
- Multivitamins
- Fiber supplements
- Band-aids
- Antibiotic ointment
- Hand-sanitizer
- Disinfectant
- Facemasks
- Sleep mask
- Ear plugs
- Reusable water bottle