

Items often forgotten

This is a brief list of some of the items college students may find helpful while staying in the Residence Halls.

For more information contact the Center for Health and Counseling Services at 815-836-5455.

- **Medical insurance card (or at least information about coverage)**
- **Primary physician's name, address, and phone number**
- **The name of a person to contact in case of an emergency**
- Copies of immunization and copies of health records
- A list of current regular medications and allergies
- Any necessary prescriptions medication and refills if needed
- Thermometer
- Extra pair of glasses
- Basic First Aid Supplies
 - Band-aids, gauze, tape, scissors, tweezers
 - Antibiotic ointment (Neosporin, Bacitracin)
- Over the counter medication such as:
 - Acetaminophen (Tylenol)
 - Ibuprofen (Advil, Motrin)
 - Cough Medicine
 - Diphenhydramine (Benadryl)
 - Hydrocortisone Cream
 - Anti-diarrhea medication
 - Antacids or medication for stomach upset
 - Throat Lozenges
- Sunscreen
- Insect Repellent
- Personal Hygiene products
 - Shampoo/Conditioner/Soap
 - Hairbrush
 - Toothpaste/Toothbrush/Dental floss/Mouthwash
 - Deodorant
 - Kleenex/Cotton balls
 - Washcloths/Towels

Contact your physician about any other supplies that may be advised.