

**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