

Dorm Room Health Kit

Essential Items

- Thermometer(digital, not glass or mercury)
- Tissues
- Salt (for salt water gargles for sore throat)
- Eye wash
- Tweezers
- Sore Throat/Cough Lozenges
- Aches/ Pain/Fever Reducers (Tylenol/Acetaminophen/ Motrin/ Ibuprofen) works well for fever control, headaches, and pain
- Allergy Medications (Claritin, Zyrtec, Allegra) works well for some common cold symptoms like runny nose, sneezing, post nasal drip. Use for allergy symptoms like itching, redness/watery eyes.
- Benadryl(Diphenhydramine) works well for allergies or insect bites (wasp/ caterpillar stings)
- Cough Medication (Delsym / Dextromethorphan)
- Decongestants, such as Pseudoephedrine (purchased from behind pharmacy counter with ID) are recommended for nasal /sinus/ head congestion and clogged/pressure in ears.
- Mucinex/ Robitussin (guaifenesin) works well for Chest Congestion/Coughing and loosening phlegm in chest.
- Nasal Steroid/ Allergy Sprays (Nasalcort/ Flonase) helps with nasal congestion, sneezing, and runny nose.
- Band-Aids
- Gauze/Tape
- Ace wrap
- Ice Pack, Apply to insect bites or aches /pains to reduce swelling.
- Rubbing Alcohol/ Hydrogen Peroxide
- Antibacterial Ointment (Neosporin)
- Hydrocortisone Cream helps with reducing redness, itching and swelling associated with insect bites or rashes.
- Antacid (Tums, Maalox) for indigestion, heart burn.
- Dramamine (Dimenhydrinate) Works well for nausea and vomiting. It will make you drowsy.
- Imodium (Loperamide) works well for diarrhea.

Good to Have

- Heating Pad
- Sun Screen
- Insect Spray
- Lip Balm
- Soup
- Crackers
- Clear Liquids (Gatorade/ PowerAde/sports drinks) rehydrate while having vomiting / diarrhea.
- Popsicles are soothing when you have a sore throat, nausea and vomiting.