

Over-the-Counter Medications and First Aid Supplies for College

Pain Relievers

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)

Cold and Flu Remedies

- Cough suppressants (dextromethorphan)
- Antihistamines (diphenhydramine for nighttime, loratadine for daytime)
- Throat lozenges/Cough Drops

Allergy Medications

- Antihistamines (loratadine, cetirizine, fexofenadine)
- Eye drops for allergies

Digestive Aids

- Antacids (Tums, Maalox)
- Anti-diarrheal medication (loperamide)
- Laxatives (polyethylene glycol, bisacodyl)

Topical Treatments

- Hydrocortisone cream (for rashes and itching)
- Antifungal cream (for athlete's foot)
- Antibiotic ointment (Neosporin)

Bandages and Dressings

- Adhesive bandages (various sizes)
- Sterile gauze pads
- Adhesive tape
- Elastic bandages (for sprains)

Cleansing and Disinfecting

- Antiseptic wipes
- Hydrogen peroxide or rubbing alcohol
- Hand sanitizer

Tools and Accessories

- Tweezers (for splinters)
- Scissors
- Thermometer (digital preferred)
- Safety pins
- Instant cold packs
- Fingernail clippers

Personal Items

- Sunscreen
- Lip balm (with SPF)
- Insect repellent

Miscellaneous

- Rehydration salts or electrolyte solutions (Pedialyte packets)
- Antacids for heartburn
- Cotton balls or swabs
- Medical gloves
- Eye wash solution
- Heat pack

 **The Elliot**

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