

“What To Bring” List

Here are a few things that you are encouraged to bring with you to college, along with your toothbrush, to care for yourself while you’re at school.

- *Electronic Thermometer* – it’s always a big help to know what your temperature is when you call the nurse for advice or an appointment.
- *Ice Bags & Hot Packs* – for those inevitable injuries.
- *Flashlight* – to look at your throat & to have in case of a power outage.
- *Humidifier* – those rooms can get dry in the winter.
- *Over-the-counter medicines* –
 - Cold medicine for some relief of symptoms (examples: decongestant, antihistamine, cough medicine, cough/throat lozenges)
 - Pain reliever/fever reducer (examples: Tylenol, ibuprofen-Advil or Motrin, naproxen – Aleve)
 - Anti-itch/allergy/rash medicine (examples: Benadryl, Calamine, Aveeno, HydroCortisone)
 - Band-aids & Bacitracin
- *Prescription Medicines* – bring enough to last until the next time you’re home.
- *Insurance Card* – for any appointments, services, and tests that cannot be done in Student Health.
 - *It is very important that you come to school with a good understanding of your health insurance, its coverage and rules. Please call your Health Insurance Company before you come to school to learn about it and it’s coverage in Oklahoma City.*