

What Should I Bring To Campus?

A guide for Students and Parents on what Health items to bring to campus

- **Healthcare Items:**
 - First Aid Kit (or like items – bandages, antibiotic ointment, etc.)
 - Electric Thermometer
 - Tylenol (Acetaminophen) and/or Motrin/Advil (Ibuprofen)
 - Any other frequently used over-the-counter medications (such as aspirin, decongestant, antihistamine, etc.)

- **Any prescription medication taken regularly – bring at least a 30-day supply.**
 - Get a prescription to take to a local pharmacy or have the pharmacy transfer any remaining refills to a local pharmacy – Walgreen’s, CVS, Walmart, are all very close to campus – contact information available on each pharmacy’s website

- **Health Insurance ID Card**
 - If you have health insurance, make sure you have coverage for non-emergency care in the Oklahoma City area – some insurance plans have geographical restrictions on coverage.
 - If you need to for HMO coverage, change your PCP (primary care physician) to a local doctor in Oklahoma City. Call the Student Health clinic if you need assistance with choosing a PCP in the area.
 - Get acquainted with your health insurance policy – what is the co-pay, what is the network, do you have to have a referral?

- **Photocopies of Relevant Medical Records**
 - If you have an existing condition which you will need treatment for while at college, it is a good idea to bring copies of relevant medical records. If you aren’t sure, ask your doctor before you leave home what would be helpful to have on hand at college.

- **Immunization Records –**
 - If you haven’t turned them in yet, we need some immunization records for every student – 2 doses of MMR (Measles, Mumps, Rubella), 3 doses of Hepatitis B, and 1 dose of Meningitis (only for students living in on-campus housing)