

FIRST AID KIT

SUGGESTED ITEMS TO PACK

Student Health and Wellness is available to help you with your health care needs, but minor injuries and illness can occur at any time and it's best to be prepared.

ANTIBACTERIAL SOAP

ANTIBACTERIAL WIPES

HAND SANITIZER

ADHESIVE BANDAGES (VARIOUS SIZES)

NON-STICK GAUZE

ADHESIVE TAPE

BACITRACIN OINTMENT

IBUPROFEN OR ACETAMINOPHEN

THERMOMETER

COLD PACKS

ACE OR ELASTIC BANDAGE

WARM PACK OR HEATING PAD

COLD MEDICINE

THROAT LOZENGES/COUGH DROPS

LIP BALM

ANTIHISTAMINE TABLETS (FOR ALLERGIES)

HYDROCORTISONE CREAM

SUN SCREEN

INSECT REPELLANT

TWEEZERS / SCISSORS / NAIL CLIPPERS

IMPORTANT DOCUMENTS:
COPY OF INSURANCE CARD
PERSONAL MEDICAL INFORMATION
LIST OF MEDICATIONS
EMERGENCY CONTACT INFORMATION



Department of
Student Health and Wellness

studenthealth.virginia.edu/medical-services