

Student Health Center  
Campus Center I-Wing  
Tel No. 516-876-3250  
Fax No. 516-876-3142



### Suggested Packing List

- Seasonal allergy medicines if you need (ex. Claritin, Allegra or Zyrtec)
- Band-aids
- Cold and flu medicine for example Advil and/or Tylenol, cough expectorant, decongestants
- Contact lens solution
- Hot and cold packs
- Over-the-counter medication-like Tylenol and/or Advil, Aleve, or Benadryl
- Prescription medicine, including asthma inhalers, pumps, nebulizers and solution, Epi-pen, birth control pills
- Prescription refill information and insurance information
- Thermometer
- Throat drops/lozenges
- Upset stomach medication like Tums or Pepto Bismol
- Vaseline
- Hand sanitizer like Purell

