Survival Kit... the bare necessities for students
Recommendations from Earlham Health Services

1. Obtain a copy of your vaccination record, either from the school you are currently attending, or from your doctor. Make an appointment to update vaccinations and get a TB skin test. Verification of vaccinations and TB skin test are required prior to arriving on campus.

2. While at the doctor, get refills on your routine prescriptions. Copy your insurance and prescription cards. Verify with your insurance company that you will be covered while in Indiana, and what pharmacies will be acceptable.

3. While shopping for supplies to bring to college (toiletries, laundry soap, etc,) don’t forget your unplanned health needs. Prepare a kit containing family remedies, items that your mom usually gave you as a student when you didn’t feel well.

   - ACE wrap
   - Antibiotic ointment
   - Band-Aids
   - Chap stick
   - Cold medicines:
     - Pseudoephedrine – i.e. Sudafed
     - Cough Drops
     - Cough medicine
   - Eye drops
   - Hydrogen Peroxide
   - Ibuprofen
   - Nail clippers
   - Poison Ivy med
   - Seasonal Allergy medicine
   - Stomach medicine - i.e. Pepto-Bismol
   - Sun screen
   - Thermometer
   - Tissues
   - Tweezers
   - Tylenol
   - Vitamins

Some of the items listed above should be stored in a plastic airtight container. Remember taking care of yourself is the foundation for good health and plays a role in your success at college. Some items are available at the Health Services Office for a nominal fee.