

First Aid Kit

Here's a checklist of health-related items we suggest you bring with you to help you prepare for your transition to Johns Hopkins. You can treat minor illnesses and injuries on your own with a personal first aid kit, and care for more serious problems until you get professional help. Here's what to include:

- ☐ Adhesive bandages (assorted sizes)
- ☐ Adhesive tape (1" wide)
- ☐ Antibacterial hand wash
- ☐ Antibiotic ointment
- ☐ Antihistamine (diphenhydramine hydrochloride - generic for Benadryl)
- ☐ Antiseptic wipes
- ☐ Cold Pack (disposable)
- ☐ Cough drops
- ☐ Cotton roll and balls
- ☐ Decongestant (pseudoephedrine hydrochloride - generic for Sudafed)
- ☐ Digital thermometer
- ☐ Elastic bandage (3" wide) (Ace wrap)
- ☐ EpiPen if you have had one prescribed
- ☐ Flashlight (and extra batteries)
- ☐ Gauze pads
- ☐ Pain relief medicine such as acetaminophen (Tylenol/Paracetamol) or ibuprofen (Advil)
- ☐ Scissors
- ☐ Tissues
- ☐ Sunscreen
- ☐ Hydrocortisone cream