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