



## Healthy College 101 – What to Bring

### Insurance Information:

- A copy of your insurance card
- Understand how your insurance works, i.e. need referrals, co-pays?

### Medical Information:

- Name and number of your health care provider to call if questions/problems
- Consider having your health care provider send a summary of any special conditions or needs.

### Routine medications and supplies that come in handy:

- Acetaminophen (Tylenol) or Ibuprofen (Advil) for pain, fevers
- Cold and cough medicines
- Digital thermometer
- Allergy medications as needed (Claritin, Alavert, Zyrtec, etc.)
- Benadryl and/or EpiPen for known allergies to bees, nuts, etc.
- Imodium for diarrhea
- Pepto-Bismol, Tums or Pepcid for upset stomach, heartburn, etc.
- Heating pad or instant hot packs
- Portable ice packs for injuries
- Extra contact lens solutions
- Eyeglasses (in case of problem with contacts or eye infection)
- Cool mist humidifier for winter months
- Prescribed orthotics
- Prescribed nebulizers and medications
- Prescription medications
  - Transfer prescription to a local pharmacy, or
  - Consider ability to obtain/mail refills
- Hand sanitizer

### Area pharmacy numbers that may be helpful:

Lakeside -	585-395-6043
Rite Aid -	585-637-1151
Wal-Mart -	585-637-6500
Wegmans -	585-637-6855