



First Aid Kit for College Students

- College First Aid Kit
- Acetaminophen
- Allergy Relief/Benadryl
- Antacid Tablets
- Bandages
- Bar of Soap
- Coconut Oil
- Cotton Balls
- Daytime/Night Time tablets
- DoTerra Breathe Essential Oils
- DoTerra OnGuard Essential Oils
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- Duct Tape
- Flashlight
- Granola Bars
- Hand Sanitizer
- Hydrogen Peroxide
- Ibuprofen
- Kleenex
- Lip Balm
- Menstrual Pads and Tampons
- Multi-task knife
- Mylar Solar Blanket
- Ear Loop N-95 masks
- Nail Clippers
- Neosporin
- Pepto-Bismol
- Portable power supply charger (preferably solar)
- Prescriptions
- Ricola Cough Drop
- Rubbing Alcohol
- Scissors
- Small waterproof container to store items
- Thermometer
- Tweezers
- Vicks VapoRub
- Vitamins
- Water

VITAMINS

- B-12 Vitamins
- B-complex vitamins
- Calcium
- D-3 Vitamins
- Magnesium
- Mature Complete Multivitamin
- Omega 3 Fish Oil
- Vitamin C
- Essential Oils