Health Related Items to Bring to the University of North Texas

Hygiene Products
- Body wash/soap
- Deodorant
- Feminine hygiene products
- Shampoo/conditioner

Homecare Items
- Allergy/cold medicine
- Anti-diarrhea medication
- Antacid
- Aspirin or non-aspirin pain reliever/fever reducer
- Cough drops
- Thermometer

First Aid Supplies
- Adhesive bandages in a variety of sizes
- Antibiotic ointment
- Antiseptic towelettes
- Burn ointment
- Eye wash solution to flush the eyes
- Latex or other sterile gloves if you are allergic to Latex (at least 2 pairs)
- Sterile dressing to stop bleeding
- Sterile scissors
- Tweezers

Emergency Supplies
- Batteries
- Flashlight
- Health insurance card

Other supplies:
- Bug spray
- Condoms
- Sunscreen
- Prescription Medications*

*Make sure prescription medications are kept in the individual prescription bottle or a pill sorter. Having a large number of pills laying around in your room can be a health hazard if someone accidently took one and can cause issues with your residence hall staff because it may appear as if you are dealing drugs from your dorm room.