

Wellness Packing List



THE COLLEGE OF
WOOSTER

To be prepared for an unexpected illness, we suggest you bring the following items to campus with you.

- Copy of current health insurance card
- Thermometer
- Pain Reliever/Fever Reducer (acetaminophen/ibuprofen)
- Decongestants/Cold Medications/Cough Syrup
- Throat Lozenges
- Anti-diarrhea/Upset Stomach Relief
- Allergy Medication/Antihistamine
- Band-Aids
- Antibacterial Ointment/Hydrocortisone
- Tweezers
- Tissues
- Personal Medications* Remember to get refills from home provider. Nearby pharmacies include Discount Drug Mart and Rite Aid. Other local pharmacies include Walmart, Meijers, Marcs, and CVS.
- Heating Pad
- Reusable Ice/Heat Packs
- Hand Sanitizer
- Ear plugs
- Personal Care Products
- Topical pain relief for muscles
- Dental Items
- Chapstick
- Sunscreen
- Soup/Saltines/Tea
- Gatorade Packets
- Anti-Itch Medication

Allergy medication or injectable medications: If you are to receive Allergy shots or medication that needs injected at Wellness: Make sure you have orders from your physician with the allergy medication. We can store your medication at Wellness. It can be sent to us: Longbrake Student Wellness Center College of Wooster 570 E. Wayne Ave, Wooster Ohio, 44691. First injection at Wellness Center needs to be given during a Dr's appointment. Please call for a Dr's appointment for your first injection. After this you can make a nurse appointment during day hours at your convenience on the portal.

Longbrake Student Wellness Center

(330) 263-2319

Nurse visits available 24/7

Please call ahead for doctor and nurse appointments

If you have questions regarding what to bring to campus, please call Longbrake Student Wellness Center or email lhartzler@wooster.edu.