

# #NazBound

PACKING LIST

## RECOMMENDED HEALTH SUPPLIES

- Ace wrap
- Advil or Motrin (Ibuprofen)
- Antibacterial ointment (Bacitracin, triple antibiotic ointment, etc)
- Baking soda and salt (for sore throat gargles)
- Band-aids
- Benadryl (Diphenhydramine)
- Cloth face masks to regularly launder
- Cool mist humidifier
- Cough drops
- COVID-19 antigen rapid self-tests
- Daily multivitamin
- Digital oral thermometer
- Disinfectant wipes (Clorox, Lysol, or other disinfectant wipes)
- EPA-registered disinfectant
- Facial tissues (a few boxes)
- Fingertip pulse oximeter
- Flonase (Fluticasone) Nasal Spray
- Gatorade
- Gauze
- Hand sanitizer
- Hand towels to launder
- Hydrocortisone ointment
- Hydrogen Peroxide
- Ice pack
- Liquid or foaming hand soap with pump
- Medical tape to secure gauze
- Mucinex (Guaifenesin)
- Rubbing alcohol
- Sore throat Lozenges
- Stainless steel water bottle/tumbler
- Tylenol (Acetaminophen)
- Vicks VapoRub
- Vitamin D3 2000 IU capsules or tablets

## MORE ABOUT HEALTH SERVICES

[naz.edu/health-services](http://naz.edu/health-services)