

#NazBound

PACKING LIST

Recommended Health Supplies

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

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