

# Think Smart. Pack smart.

You take care of clothes and swimsuits - we've got the other stuff. Use this list to help get ready for all things Spring Break and warm weather.

## Medical supplies

- ☐ Prescription medicines
- ☐ EpiPens
- ☐ Inhalers
- ☐ Glasses and contacts/contact solution

## First Aid

- ☐ Hand sanitizer (containing at least 60% alcohol) or antibacterial hand wipes
- ☐ Cough drops
- ☐ Pain and fever medicine (acetaminophen, aspirin, or ibuprofen)
- ☐ Antibacterial ointment
- ☐ Digital thermometer
- ☐ Bandages
- ☐ Eye drops
- ☐ Sunscreen (30 SPF or greater)
- ☐ Aloe

## Documents and apps

- ☐ Health insurance cards and documents
- ☐ Download your health insurance's app
- ☐ Copies of all prescriptions
- ☐ Copies of your passports and travel documents