What to Pack: Personal Health Kit

Taking care of oneself is essential for student success. Student Health Services recommends that each UB student put together a health kit for personal use including the following items:

Information
- A copy of your health insurance card and an understanding of your coverage in Western New York
- Insurance contact information if you have questions related to your coverage
- Name and phone number of your primary health care provider and any specialists actively involved in your care
- Copies of pertinent medical records (immunizations, notes/labs related to illnesses or chronic conditions)

Supplies
- Digital thermometer
- Acetaminophen or ibuprofen for pain, fevers
- Allergy medication as needed
- Antacids and antidiarrheals
- Heating pad or instant hot packs
- Portable ice packs for injuries
- Extra contact lens solution
- Eyeglasses (in case of problem with contacts or eye infection)
- Cool mist humidifier for winter months
- Hand sanitizer
- Sunscreen/sunblock
- Topical antibiotic ointment
- Bandages (i.e. Band Aids)

Prescription Products
- Orthotics, nebulizers, Epipen, asthma rescue inhalers
- For medications that are used on a recurring basis, please discuss with the current prescriber plans for getting those medications refilled. Ask the provider if he/she is willing to call, mail, fax, or electronically send the prescription to a Western New York pharmacy and what follow-up the provider will require. If you wish to transfer your care to a provider in Western New York, you are encouraged to make an appointment with Student Health Services prior to the expiration of the prescription to find out how we can help.
- We advise students who take prescription sedatives, stimulants or pain relievers under the care of their healthcare professional to keep their medications in a safe, dry and secure place (consider a lock box or safe for your residence hall or apartment and keep its location a secret).

Area Pharmacy Numbers That May Be Helpful
- Sub-Board I, Inc. Pharmacy (Student-Owned Corporation) 716-829-2368
- Walgreens at Main Street and Kenmore Avenue (across from South Campus) 716-834-7011
- Tops at the University Plaza (across from South Campus) 716-515-3250
- Wegmans on Alberta Drive (five minute drive from North Campus) 716-831-6340