**OTC Travel Items**

These products are stocked in the **Healthy Heels Shoppe** located in the basement of Campus Health Services. We carry most items recommended in our Travel Clinic presentation and other items you may want to consider for your travel. This list is not all inclusive, so come check us out! Insect protection products and many other items are also available in the **Student Stores Pharmacy** on campus.

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**First Aid**

- **Antibacterial:** Bactitracin/Double Antibiotic Ointment
- Band-Aid Assorted Sizes
- First Aid Kit*
- Gauze Pads
- Steri-Strips
- Tape

**Skin Care**

- **Antifungal:** Miconazole 2% Topical Cream, Terbinafine 1% Cream (Lamisil AT)
- **Anti-itch:** Hydrocortisone 1% Cream/Ointment
- **Lip Protection:** Blistex Medicated Lip Balm SPF 15, ChapStick SPF 15, Vaseline

**Travel/Outdoors**

- **Antimicrobial:** Hand Sanitizer Gel*, Betadine Solution Swabsticks*
- **Insect Repellents:** Controlled Release 30-34% DEET (Sawyer Ultra 30 Lotion*, Ultrathon Lotion*), Ben’s 30 Wilderness Spray (30% DEET), Picaridin 20% Spray 15mL* and 118mL
- **Insecticide:** Permethrin Spray (for clothes, gear, etc)
- **Sunscreens, Broad Spectrum:** Banana Boat, Coppertone Sport-SPF 50, No Ad-SPF 45, Bull Frog Sport-SPF 40, Blue Lizard Sensitive-SPF 30 (Brands may vary)
- **Water purification:** Chlorine Dioxide tablets, LifeStraw water filter

**Sports Care**

- Elastic Bandages/Wraps
- Hot/Cold Compresses

**Women’s Care**

- Clotrimazole 1% Vaginal Cream
- Miconazole Vaginal Suppositories and Cream (Monistat Combination Pak)
- Pregnancy Test

**Miscellaneous**

- Stick deodorant* (Secret, Old Spice)
- Glucose gel* and tablets*
- Jergen’s Ultra Healing hand lotion*
- Kleenex pocket*
- Monojet 60mL syringe for wound irrigation
- Pert Plus shampoo*
- Snacks
- Thermometer, Digital
- Thermometer Covers

**Cough/Cold/Allergy**

- **Antihistamines:** Cetirizine 10mg Tablets, Chlorpheniramine 4mg Tablets, Diphenhydramine 25mg Capsules (Benadryl), Loratadine 10mg Tablets (Claritin), Fexofenadine 60mg, 180mg (Allegra Allergy)
- **Antihistamine/Decongestant**: Generics for: Allegra D 12 hour and 24 hour, Claritin-D 24, Zyrtec-D 12 hour
- **Cough:** Expectorant-Mucinex, Guaifenesin Tablets
  - Suppressant-Mucinex DM tab, and various Guaifenesin DM liquids
- **Decongestants:** Oxymetazoline Nasal Spray (Afrin), Pseudoephedrine 30mg and 120mg LA tablets, Mucinex D (pseudoephedrine 120/guaifenesin 1200mg)**
  - **(All pseudoephedrine products require a photo ID and must be ≥18 years old to purchase.)**

**Pain/Fever Control**

- Acetaminophen 325mg and 500mg Tablets
- Aspirin 325mg Tablets
- Ibuprofen 200mg Tablets
- Naproxen sodium 220mg Tablets

**Eye, Ear, Oral Care**

- Lubricant Eye Drops
- Toothpaste*, Toothbrushes*, Floss

**Vitamins**

- Calcium Supplements: Chews and Tablets
- Therapeutic Multivitamin w/ Minerals
- Women’s Formula

**Gastrointestinal Care**

- **Acid reducers:** Antacids Liquid and Tablets, Omeprazole 20mg capsules (NOTE: Taking acid reducers daily may increase risk of traveler’s diarrhea.)
- **Antidiarrheal:** Bismuth Subsalicylate Chewable Tablets and Liquid (same as PeptoBismol)
- Loperamide 2mg Caplets (same as Imodium)
- **Antiemetic (motion sickness/nausea):**
  - Meclizine 25mg Tablets
- **Rehydration:** Oral Rehydration Salts Packets
- **Stool Softener:** Docusate 100mg Capsules

**Contraceptives**

- Condoms, Male (latex & polyisoprene)
- Lubricants: Astroglide, KY Jelly
- Spermicides: Foam, Film, and Gel for Diaphragm

*Items stocked as “Travel Size”

Updated May 2020 as