

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.

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 12hour 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, Ranitidine 75mg and 150mg 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"

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