



College Student First-Aid Kit

Description

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My son is headed to college in a few short weeks. To help ease my anxious mind I created a First-Aid Kit for him. I was originally going to use a little red plastic box I had to store everything, but Target had this great little case which was free if you purchased three first aid items. It's perfect for a guy and not too girly. Boys don't seem to appreciate cute creative lettering and craftiness.

I'm the mom who likes to prepare for any scenario possible. My kids tease me because I always have a supply of snacks when we travel, my little medicine pill-box, anti-bacterial gel, a pack of tissues and a few band-aids. What do my kids carry with them? Their phones.

My son will be on his own in a few short weeks along with thousands of other young adults finding their way in this world. Letting go is difficult, but it's a rite of passage that every parent goes through. It gives me comfort knowing that I'm not alone and that he will have this little emergency kit. You can't prepare for everything in life, but it helps to have a few things on hand when you aren't feeling well.

Fortunately my son has been pretty healthy and doesn't get sick that often. However, when he does have an ailment he usually asks me what he should take or I tell him, whichever comes first. I created this handy list of medications and their uses so that he can refer to it should he ever need it.

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I don't condone overuse of medications, but there can be days when you need an ibuprofen for a headache or an antihistamine to help you stop sneezing. My theory is, why suffer? Below is a link to a page I created of medications I included in my son's First-Aid Kit and their uses. If you have a son or daughter headed off to college, feel free to print it out and use it for your own kit. If you don't have college-bound kids, you could also use this kit for travel.

[Download of Medications and their Uses](#)

Linking to: [Inspiration 2, I'm Lovin' It Link Party](#)

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