

What to Pack:

Personal Health Kit for the CI Student

Student Health Services recommends that each student put together a personal health kit for his/her use while in their residence hall or apartment. Monitoring personal health and taking care of oneself is essential to student success.

Insurance Information:

- A copy of your insurance card and an understanding of your insurance coverage in Ventura County
- Insurance contact information if you have questions related to your coverage

Medical Information:

- Name and number of your primary health care provider
- Copies of pertinent medical records (immunizations, notes/labs related to illnesses or chronic conditions, etc.)

Routine Medications and Supplies that Come in Handy:

- Acetaminophen or ibuprofen for pain and fevers
- Digital thermometer
- Allergy medications as needed
- EpiPen for known allergies to bees, nuts, etc.
- Antacids/anti-diarrheals for upset stomach, heartburn, diarrhea, etc.
- Heating pad or instant hot packs
- Portable ice packs for injuries
- Extra contact lens solutions
- Eyeglasses (in case of problem with contacts or eye infection)
- Cool mist humidifier for winter months
- Prescribed orthotics
- Prescribed nebulizers and/or inhaler medications for asthma
- Transfer prescriptions for any chronic medications to a local pharmacy in advance and/or plan ahead to obtain refills by mail order.
- Hand sanitizer
- Sunscreen/sunblock
- Topical antibiotic ointment
- Adhesive dressing/band-aids

Area Pharmacies

Listed below are local pharmacies. The mileages shown represent the distance from the University to the pharmacy.

Pharmacy	Distance (miles)	Telephone (805)	City
CVS	4.6	482-0707	Camarillo
CVS	3.2	484-3632	Camarillo
CVS	4.8	987-8289	Camarillo
CVS	3.6	484-0442	Camarillo
Dos Caminos	6.3	484-1059	Camarillo
*Medicine Shoppe	3.4	389-5311	Camarillo
Ralphs	3.8	445-1431	Camarillo
Rite Aid	4.4	482-2135	Camarillo
Target	3.5	383-4059	Camarillo
Kaiser	4.5	988-2588	Camarillo
Costco	7.0	983-6344	Oxnard
Walgreens	6.8	483-5635	Oxnard
Wal-Mart	7.7	981-4868	Oxnard

**Will deliver to CI students on campus for a \$2 fee.*

