

Brand-Specific Supply List (Non-Food)

Due to Morgan's sensory sensitivities, allergies, and skin that tends towards hives-from-hell, we have always stayed brand-specific if a product works for her. If more than one brand or generic works, I've noted it below. Here's a list of the products we keep on hand and use regularly:

OTC Medications

Advil 100 Mg Caplets (Ibuprofen only, and only this coating or uncoated generic—NO Tylenol or aspirin)

Children's Liquid Motrin, Original Berry Flavor (NO DYE-FREE BERRY or other flavors)

Claritin Liqui-Gels 24 Hour / loratadine 10mg antihistamine liquid-filled capsules

Benadryl Dye Free Capsules (ONLY Dye-free)

1% Hydrocortisone Cream (Cortizone 10 or Cortaid OK—avoid additives other than aloe)

Neosporin + Pain Relief (I keep both cream and ointment on hand)

Zeasorb Powder—Athlete's Foot Formula (Both Zeasorbs can be hard to find—I often order them online at Amazon or order them at the pharmacy)

Zeasorb Powder — Excess Moisture Formula

Cryostat Hemorrhoid Relief (better known as "White Ice Pack!" - small disposable ice-packs she likes to use for headaches and first aid—also can be hard to find)

Hibicleans (Chlorhexidine Gluconate solution 4.0% w/v) 16oz. with pump (foaming)



Personal Grooming

Oral-B Stages Kid's Power Toothbrush (Disney Princesses or Hello Kitty designs are acceptable... barely lol)

Tom's Children's Toothpaste—Silly Strawberry only

GUM Proaxbrush Go-Between (Tight size)

Dental Floss (unflavored—no mint)

Kid's All-in-One Shampoo/Conditioner/Bodywash (such as Suave 2 in 1 or 3 in 1) - Strawberry, Watermelon, Coconut are acceptable scents

Aquaphor Lip Repair (Aquaphor works best on her, but she'll tolerate strawberry Lip Smackers, vanilla Carmex stick, or Vaseline as well)



Miscellaneous

Tide Free Unscented Laundry Detergent

Downey Free Unscented Liquid Softener

3 oz Solo mini plastic cups (for bathroom)

Memorex CD/DVD Label Paper (has to be Memorex brand to work with her software)

I cannot stress enough how important unscented detergent and softener are—as are things like unscented garbage bags — the "Febreezing" of the world is killing us!

