

Travel Checklist

First Aid Kit

Tip: Start with basic First Aid kit available at local drug stores. They contain many travel size packages of the below items. Supplement the kit with items as needed.

Gastro-Intestinal Problems	Dry Eyes
<input type="checkbox"/> Imodium	<input type="checkbox"/> Tears II Naturale
<input type="checkbox"/> Phillips Stool Softner	
<input type="checkbox"/> Pepcid AC	Allergic Reactions
<input type="checkbox"/> Crystal Light Hydration Powder	<input type="checkbox"/> EpiPen
	<input type="checkbox"/> EpiPen Jr.
Pills Organizers – Medications/Vitamins	<input type="checkbox"/> Benadryl tablets
<input type="checkbox"/> Parent	<input type="checkbox"/> Benadryl cream
<input type="checkbox"/> Child	
Cough, Cold and Fever	
<input type="checkbox"/> Thermometer	<input type="checkbox"/> Advil tablets
<input type="checkbox"/> Tylenol tablets	<input type="checkbox"/> Robitussin cough medicine
<input type="checkbox"/> Liquid Tylenol	
<input type="checkbox"/> Liquid Ibuprofen	
<input type="checkbox"/> Hall's Honey Lemon Cough Drops	
Cuts and Blisters	
<input type="checkbox"/> Bandage Scissors – Purposely a large size with a blunt tip	
<input type="checkbox"/> Iodine Swabs – To clean small open wounds after bleeding is controlled	
<input type="checkbox"/> Alcohol Wipes	
1. To clean physical area when applying a wound cover	
2. To wipe off excess Iodine from wound	
<input type="checkbox"/> Band-Aides	
<input type="checkbox"/> Non-Stick Dressing Material – Apply directly to scrapes/abrasions and hold in place with tape or Coban	
<input type="checkbox"/> Coban – Essentially self-adhesive ACE bandage	
<input type="checkbox"/> Cold Pack – Apply to areas of swelling or covered by a cotton gauze apply to bleeding wound	
<input type="checkbox"/> Soft-soap – Antibacterial soap	
Skin	
<input type="checkbox"/> Sun Screen– Used to avoid sunburn especially in the young.	
<input type="checkbox"/> 1% Cortisone cream – for a mild rash	
<input type="checkbox"/> Topical Benadryl – for an itching skin lesion or bite	
<input type="checkbox"/> Insect Repellant	