

TRAVEL FIRST-AID KITS SHOPPING LIST

First-Aid Kit Basics

- Small pair of scissors for cutting bandages
- Nonstick gauze bandages
- Band-Aids of varying sizes
- Antibiotic ointment
- Tweezers
- Over-the-counter (OTC) pain reliever (acetaminophen, ibuprofen, or naproxen)
- Hydrocortisone cream
- A topical antihistamine or anti-itch cream for bug bites and poison ivy
- A thermometer
- Hydrogen peroxide
- Chewable antihistamine pack
- Electrolyte-replacement drink to treat dehydration and diarrhea

Safeguards at Theme Parks

- Antiseptic wipes to clean minor abrasions
- Sanitary towelettes for cleaning hands in case you can't get to a rest room right away
- Blister relief pads
- A small bottle containing prescription pills — you don't want to be forced to leave the park to get your medicine
- Healthy snacks for children such as a box of raisins. Keep them with you to tide over a child: children can't go without eating or drinking as long as adults can

Extras for the Beach

- Distilled white vinegar stored in a plastic bottle for jellyfish stings and sunburns
- Sunscreen at SPF 15 or higher
- Aloe vera gel to soothe sunburns
- Ear drops, such as VoSol, to prevent swimmer's ear
- Saline eye drops to wash out sand in your eyes
- A motion sickness medication, such as dimenhydrinate or meclizine, for fishing trips or tour boat rides
- Ivy block to help prevent poison ivy, which may grow in scrub areas leading to some beaches
- Over the counter astringent rinses to ease itches and skin irritations
- Insect repellent

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Snow Bound

- Chapstick with sunscreen
- Sunscreen of SPF 15 or higher
- Backup hand warmers to prevent frostbite if you lose your gloves
- Moleskin to prevent blisters

Camping, Hiking, & Fishing Adventures

- Insect repellent
- Elastic bandages to be wrapped for support or to reduce swelling
- Compression bandage of at least 5 by 9 inches
- Several 4-by-4-inch sterile bandages
- Moleskin to prevent blisters
- Insect sting relief pads
- Emergency fish hook remover kit

Adventure Trips to Remote Areas

- Duct tape, which can be used to temporarily close wounds or make a sling
- Mylar blankets for warmth (or pack a black trash bag, as the dark color traps heat and it can double as a rain poncho)
- Butterfly closures
- Waterproof bandages

Additional Items

- Bring a one-page sheet for each family member that lists vaccination records; doctors' phone numbers; all prescription pills, OTC medications, and supplements; and the name and location of the ER at your vacation destination.
- Pack copies of your family's medical and dental insurance forms.
- Be sure to refill prescriptions before you go, especially if you're traveling abroad. It can be nearly impossible to get needed medications in a foreign country, particularly in exotic locales.
- Take some form of identification for each child that lists his or her name and address and the phone number of the person to call in an emergency. ID stickers worn inside a child's shoe are available through sol-id.com.
- Bring a basic medical ID card, which lists your family members' names, address, medicines, medical conditions, and allergies. If something life threatening happens, it may be the only way to communicate with medical personnel.

