

Traveler's First Aid Kit

A personal first aid kit is an efficient way to prepare for unexpected emergencies, both while traveling and at home. A standard kit can be purchased at most pharmacies and department stores or you may wish to design a specialized first aid kit that meets your own particular needs. A tote bag is a convenient way to store all of the supplies in your kit. It allows enough room for all of the essential items and it ensures easy portability for travel. The following are items that you should consider for your kit:

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| <input type="checkbox"/> A small flashlight is very handy if there is a power outage or if the kit is needed out of doors. | <input type="checkbox"/> Lip balm, canker gel, dental floss. |
| <input type="checkbox"/> Pen & notepad to keep track of supplies and make notations about important incidents. | <input type="checkbox"/> Cough medicine & throat lozenges. |
| <input type="checkbox"/> Aspirin, acetaminophen or ibuprofen are effective for the treatment of pain and fever. Acetaminophen is the preferred medication for children with fever. | <input type="checkbox"/> Antihistamine/decongestant medications for allergic symptoms & congestion. Eye drops (saline, allergy, antibiotic). |
| <input type="checkbox"/> Oil of cloves (Eugenol) for toothache. | <input type="checkbox"/> Hydrocortisone cream for insect bites & itch. |
| <input type="checkbox"/> A pair of rounded tip scissors* are useful for cutting bandages and other items. | <input type="checkbox"/> Antacid and heartburn relief tablets. |
| <input type="checkbox"/> Tweezers, safety pins, and a Swiss Army type Knife* are all tools that have multiple uses. | <input type="checkbox"/> Laxative and anti-diarrheal medications. |
| <input type="checkbox"/> Tape, bandages, cotton swabs and antibiotic ointment are used to treat scrapes, cuts and burns. Moleskin for blisters. | <input type="checkbox"/> Sea/motion sickness tablets (dimenhydrinate, meclizine, scopolamine patch/tablet, ginger). |
| <input type="checkbox"/> Elastic wraps and triangular bandages can help immobilize injured limbs. | <input type="checkbox"/> Sunscreen with a SPF of 15 or greater. |
| <input type="checkbox"/> Rubber gloves protect your hands and reduce the risk of infection when treating open wounds. | <input type="checkbox"/> Insect repellent (DEET, permethrin, oil of eucalyptus) when traveling to insect prone destinations. Mosquito net. |
| <input type="checkbox"/> Instant ice pack (or disposable freezer bag). | <input type="checkbox"/> N95 mask (for protection from respiratory infections). |
| <input type="checkbox"/> Thermometer strips. | <input type="checkbox"/> Alcohol-based hand sanitizer. |
| <input type="checkbox"/> Eyeglass repair kit. | <input type="checkbox"/> Personal Medications & Prescriptions. |
| <input type="checkbox"/> Spare eyeglasses, contacts & sunglasses. | <input type="checkbox"/> Personal Medical Information Form. |
| <input type="checkbox"/> Anti-fungal cream for athlete's foot and other yeast/fungal infections. | |

* Due to airline safety regulations, these items may need to be packed in your checked luggage.

Remember to **store all medications out of reach of children** and only use products with **child safety caps**.

Keep your first aid kit with you in a carry-on bag, not in your checked luggage.

Before you leave on your trip, check with your travel medicine specialist to see if any other specific medications or supplies (such as needles & syringes, water purification tablets & filter, rehydration powder packets) should be added to the kit. Contact your health insurance provider about medical coverage outside of the United States.