

# DIY Traveler's First Aid Kit

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



**Due to airline safety regulations**, some of 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 your 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 medications or supplies (such as needles and syringes, water purification tablets and filter, rehydration powder packets) should be added to your kit. Make sure to contact your health insurance provider about medical coverage outside of the United States.