

# FIRST AID KIT TRAVEL CHECKLIST



- BAND-AIDS  
(VARIOUS SIZES RECOMMENDED)
- GAUZE
- TAPE
- 2 TRIANGULAR BANDAGES
- SAFETY PINS
- MOLESKIN  
(GREAT FOR BLISTERS)
- TISSUES
- SUNBLOCK
- ANTIBIOTIC OINTMENT  
(HELPS TO PREVENT INFECTIONS FOR BURNS AND CUTS)
- SCISSORS
- NAIL CLIPPERS
- TWEEZERS
- TINY CONTAINER OF BAKING SODA  
(MIX WITH WATER TO CREATE A PASTE. GREAT FOR PAIN AND SWELLING RELIEF FOR INSECT & LEECH BITES)
- SALINE EYE DROPS  
(FOR DRY EYES AROUND A CAMP FIRE OR ON AN AIRPLANE)
- SUGARY CANDY/JUICE  
(FOR LOW BLOOD SUGAR)
- EPI-PEN (IF NEEDED)
- TUMS\*\*\*
- ALLERGY MEDICATION\*\*\*
- PAIN RELIEF MEDICATION\*\*\*

**\*\*\*PLEASE CONFIRM ANY ALLERGIES PRIOR TO ADMINISTERING  
OVER-THE-COUNTER MEDICATION.**