

# Travel First Aid Kit/Medical Checklist

- Flashlight with an extra pack of brand new batteries
- Scissors
- Tweezers
- Assorted sizes of bandaids - approx 50
- Antibiotic Ointment
- Hydrocortisone Ointment
- Gauze pads - 20
- 1 roll of cloth tape (1 inch wide)
- Individual antiseptic wipe packets - 10
- Aspirin and Tylenol
- Absorbent compact dressings - 2
- Instant cold compresses - 2
- Disposable gloves (non latex) - 4 pair
- Emergency blankets (the silver ones) - 2
- Breathing Barrier
- Roller bandages - 2 different sizes
- Triangular bandages - 2
- Thermometer
- First Aid Booklet

Additional Items you may want to add to your kit:

- Stethoscope
- EpiPen
- Hydrogen Peroxide
- Splint
- Calamine Lotion
- Safety pins
- List of emergency phone numbers
- List of medications every member of the household is taking
- Inhaler
- Hand Sanitizer
- Duct tape
- Cotton balls and qtips
- Vaseline
- Ziplock bags
- Kleenex
- Bulb suction device
- Eye wash solution
- Benadryl
- Pepto Bismol Tablets