

Travel First Aid Kit/Medical Checklist

First Aid Kit Contents

- Disposable nonporous gloves
- Scissors
- Tweezers
- A non-glass thermometer to measure a child's temperature
- Bandage Tape
- Sterile gauze pads
- Flexible roller gauze
- Triangular bandages
- Safety pins
- Eye dressing
- Pen/pencil and note pad
- Cold Pack
- Current American Academy of Pediatrics (AAP) Standard First Aid Chart or American Red Cross Infant/Child First Aid Guide
- Coins for use in pay phone
- Water
- Small plastic or metal splints
- Liquid soap
- Adhesive strip bandages, plastic bags for clothes, gauze, and other materials used in handling blood
- Any emergency medication needed for child with special needs

Other Items

- Cell phone (programmed to local Police Department)
- Sunscreen (use with caution as some children have allergic reactions)
- Handwashing/diapering items (wipes, plastic bags)