

Travel first aid kit



Protection for the first aider

- ◯ disposable gloves
- ◯ rescue breathing mask
- ◯ hand sanitizer

Bandages and dressings

- ◯ adhesive bandages in several sizes
- ◯ cut-to-size bandage strip
- ◯ blister and chafing bandages
- ◯ medical tape
- ◯ sterile gauze pads in several sizes
- ◯ individually wrapped sterile dressing
- ◯ non-stick dressing
- ◯ conforming gauze bandage
- ◯ elastic bandage
- ◯ triangular bandage

Cleaning and protection

- ◯ single-use saline vials
- ◯ wound antiseptic chosen with a pharmacist
- ◯ emergency blanket
- ◯ instant cold pack, if it suits the trip

Tools

- ◯ blunt-tip scissors
- ◯ tweezers
- ◯ tick remover
- ◯ thermometer
- ◯ small flashlight or headlamp
- ◯ spare batteries for the gear you use

Medicines to choose with a pharmacist

- ◯ pain and fever reliever for adults
- ◯ pain and fever reliever for children, if it applies
- ◯ motion sickness medicine, if needed
- ◯ oral rehydration solution or electrolytes
- ◯ anti-diarrheal suitable for the traveler
- ◯ constipation remedy, if needed
- ◯ heartburn or indigestion remedy, if needed
- ◯ allergy medicine suitable for the traveler
- ◯ insect bite relief, if needed
- ◯ sore throat or cough remedy, if needed

Personal medicines and equipment

- ◯ medications taken regularly
- ◯ extra supply in case your return is delayed
- ◯ personal emergency medicines prescribed by a doctor
- ◯ medical devices the traveler uses
- ◯ supplies for those medical devices
- ◯ dosing cup or oral syringe for the medicine

Protection for your destination

- ◯ insect repellent suited to age and destination
- ◯ sunscreen
- ◯ after-sun product for mild sunburn, if needed
- ◯ mosquito net, if your destination calls for one
- ◯ preventive medicine recommended by a travel medicine doctor, if it applies

Documents and organization

- ◯ copy of the prescription or a doctor's note
- ◯ current list of medicines and active ingredients
- ◯ list of allergies and important conditions
- ◯ action plan for an emergency medicine, if it applies
- ◯ medicine leaflets
- ◯ local emergency numbers
- ◯ mountain rescue numbers, if you're heading into the mountains
- ◯ insurance and medical assistance details
- ◯ list of what's in the kit
- ◯ labels with travelers' names
- ◯ waterproof, opaque pouch
- ◯ separate pouches for dressings and medicines

Listonic

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