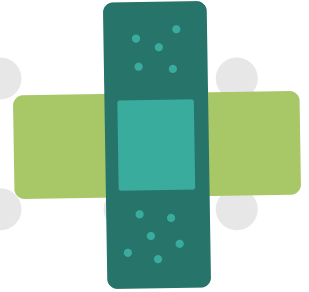


the ultimate family travel



FIRST AID CHECKLIST



First Aid Basics

- | | |
|--|--|
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Cotton swabs |
| <input type="checkbox"/> Antiseptic solution (hydrogen peroxide) | <input type="checkbox"/> Blister treatment (Moleskin) |
| <input type="checkbox"/> Antibiotic ointment (Neosporin) | <input type="checkbox"/> Fine-point tweezers |
| <input type="checkbox"/> Antihistamine cream | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Butterfly bandages | <input type="checkbox"/> Paramedic shears |
| <input type="checkbox"/> Assorted adhesive bandages | <input type="checkbox"/> Disposable instant cold compress |
| <input type="checkbox"/> Sterile gauze pads (various sizes) | <input type="checkbox"/> CPR breathing barrier |
| <input type="checkbox"/> Medical adhesive tape | <input type="checkbox"/> Vaseline or Aquaphor |
| <input type="checkbox"/> Ace wrap | <input type="checkbox"/> Aloe Vera gel |
| <input type="checkbox"/> Sam splint | <input type="checkbox"/> Oral rehydration solution packets |
| | <input type="checkbox"/> First aid manual |

Personal Care

- | | |
|---|---|
| <input type="checkbox"/> Broad-spectrum Sunscreen | <input type="checkbox"/> Biodegradable soap |
| <input type="checkbox"/> Lip balm with SPF protection | <input type="checkbox"/> List of emergency phone numbers |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Domestic insurance ID cards |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Travel medical insurance ID card |

Medication and Treatments

- | | |
|--|---|
| <input type="checkbox"/> Pain relief (Ibuprofen) | <input type="checkbox"/> Anti-motion sickness medicine |
| <input type="checkbox"/> Prescription medications | <input type="checkbox"/> Altitude sickness prevention pills |
| <input type="checkbox"/> Cough suppressant | <input type="checkbox"/> EpiPen (if prescribed by a doctor) |
| <input type="checkbox"/> Cough drops | <input type="checkbox"/> Lubricating eye drops |
| <input type="checkbox"/> Decongestant | <input type="checkbox"/> Poison ivy treatment |
| <input type="checkbox"/> Allergy medicine | <input type="checkbox"/> Aspirin (primarily for response to a heart attack) |
| <input type="checkbox"/> Antacid tablets | <input type="checkbox"/> General antibiotic (if going abroad) |
| <input type="checkbox"/> Anti-diarrheal (Immodium) | |

Tools and Supplies

- | | |
|---|--|
| <input type="checkbox"/> Oral thermometer (non-mercury/non-glass) | <input type="checkbox"/> Water purification tablets |
| <input type="checkbox"/> Non-latex medical gloves | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Medical waste bag or box | <input type="checkbox"/> Emergency heat-reflecting blanket |
| <input type="checkbox"/> Irrigation syringe | <input type="checkbox"/> Flashlight and extra batteries |
| | <input type="checkbox"/> Duct tape |

After You've Stocked Your First Aid Kit...

- ☐ Store your items in a durable and lightweight container, like a tackle box.
- ☐ Read the first aid manual so you'll understand how to use the contents of your kit when you need them.
- ☐ Check your kit regularly. Replace expired medicines and missing items.
- ☐ If you're flying, pack the first aid kit in your checked luggage.