



Travel First Aid Kit Checklist

BASIC WOUND CARE

- ☐ Adhesive bandages (various sizes)
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment
- ☐ Sterile gauze and medical tape
- ☐ Tweezers (for splinters, stingers)
- ☐ Small scissors

COLD, ALLERGY AND RESPIRATORY CARE

- ☐ Saline spray and nasal aspirator
- ☐ Cough syrup (age-appropriate)
- ☐ Thermometer
- ☐ Cool gel packs for fevers or bumps

STOMACH AND DIGESTIVE CARE

- ☐ Antacid for kids (if applicable)
- ☐ Gas relief drops
- ☐ Stool softeners (age-appropriate)
- ☐ Probiotics (optional)
- ☐ Rehydration salts

BUG BITES, SUNBURN, AND SKIN PROTECTION

- ☐ Child-safe insect repellent
- ☐ After-bite or anti-itch cream
- ☐ Sunscreen (SPF 30+ and water-resistant)
- ☐ Aloe vera gel for sunburn relief

MEDICATIONS

- ☐ Infant/child pain reliever (acetaminophen or ibuprofen)
- ☐ Antihistamines for allergic reactions
- ☐ Motion sickness medicine (age-appropriate)
- ☐ Electrolyte packets for dehydration
- ☐ Anti-diarrheal medicine (if appropriate for age)
- ☐ Fever reducers

OTHER IMPORTANT ITEMS

- ☐ Medical gloves
- ☐ Instant cold packs
- ☐ Medicine syringe
- ☐ Safety pins
- ☐ Small flashlight
- ☐ Emergency contact card
- ☐ Pediatrician phone number

