Traveler’s Basic First Aid Kit
Use a zip lock bag to keep them together & “handy”

1. Pain & Fever reducer: Acetominophen or Ibuprofen
2. Anti-inflammatory: Ibuprofen
3. Antihistamine (for allergies & can use as a sleep aid): Diphenhydramine
4. Decongestant (can help with “ear pop” from planes): Pseudoephedrine
5. Anti-diarrheal: Loperamide
6. Upset tummy & diarrhea prevention: Bismuth subsalicylate (Pepto tabs)
7. Sun Screen
8. Aloe Gel: to soothe that sunburn should you think you don’t need sunscreen!
9. Bandaids
10. Antibiotic ointment
11. Hand sanitizer: dirty hands mean infected cuts. Clean hands keep you healthy too!
12. Tweezers: for removing foreign objects or “stingers”.
13. Thermometer
14. Sunglasses: First aid for your eyes!

Remember the 3-1-1 rule for your liquids and gels.
If bottle or tube has more than 3.4 ounces (100 ml) ….. pack it in your suitcase!
See TSA website for more info: http://www.tsa.gov/311/

A note about your Prescription Medications:
• Take enough for the length of your trip and spare for those unexpected layovers, cancellations or storms!
• Keep your prescription meds in the original bottle so they can be identified with security and customs.
• Controlled substances – including ADD/ADHD medications – obtain a signed letter from the prescribing physician that you are under medical care for the medication.

Contact wearers….take along an extra pair of glasses!