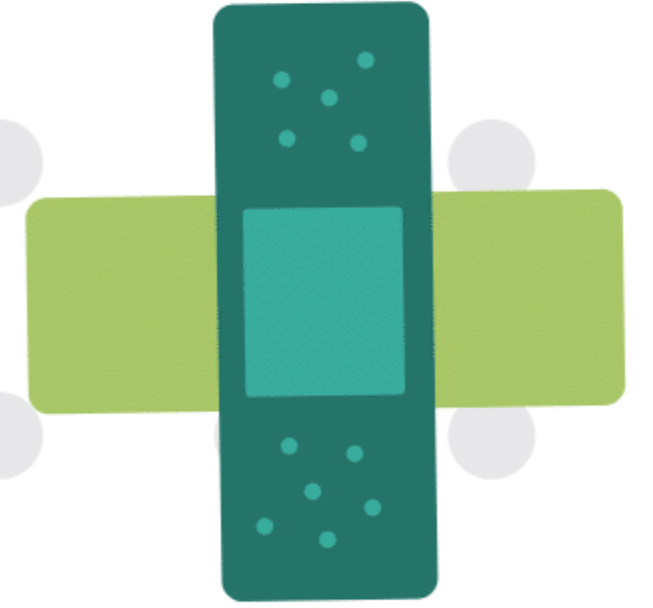


*the ultimate family travel*



# FIRST AID CHECKLIST

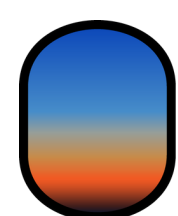


## *First Aid Basics*

- |  |  |
|--|--|
| <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"/> <a href="#">Travel medical insurance ID card</a> |



## *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.

