

FAMILY VACATION FIRST AID KIT

DESTINATION: _____ DATE: ____ / ____ / ____

WOUND CARE & BANDAGES

Adhesive Bandages (Assorted Sizes)

Sterile Gauze Pads

Adhesive Medical Tape

Antiseptic Wipes / Spray

Antibiotic Ointment

Blister Cushions / Moleskin

Elastic Wrap (ACE Bandage)

Saline Wound Wash

MEDICATIONS

Pain & Fever Reliever (Adult)

Children's Pain/Fever Suspension

Antihistamines (Allergy Relief)

Anti-Diarrheal Medication

Antacids / Tums

Motion Sickness Tablets

Hydrocortisone Cream

Personal Prescriptions

TOOLS & ESSENTIALS

Digital Thermometer

Tweezers (for splinters/ticks)

Small Medical Scissors

Disposable Gloves (Latex-free)

Instant Cold Packs

Hand Sanitizer

CPR Face Shield

First Aid Manual

SUN & OUTDOOR

SPF 30+ Sunscreen

Aloe Vera / Burn Gel

Insect Repellent

Oral Rehydration Salts

Lip Balm with SPF

Calamine Lotion

Note: Regularly check expiration dates and replace used items after every trip.