

TRAVEL FIRST AID CHECKLIST

Destination: _____ Date: _____

WOUND CARE

Adhesive Bandages (Assorted) *10x*

Sterile Gauze Pads *4x*

Antiseptic Wipes *6x*

Medical Tape Roll *1x*

Antibiotic Ointment *2x*

Blister Cushions/Moleskin *4x*

MEDICATIONS

Pain/Fever Reliever *8x*

Antihistamine (Allergy) *4x*

Anti-Diarrheal Tablets *4x*

Antacid Tablets *6x*

Personal Prescriptions --

TOOLS & EQUIPMENT

Precision Tweezers *1x*

Small Safety Scissors *1x*

Disposable Gloves *1 pr*

Digital Thermometer *1x*

Safety Pins *3x*

TOPICALS & MISC.

Hydrocortisone Cream *2x*

Hand Sanitizer (Travel) *1x*

Burn Gel Packet *2x*

Electrolyte Powder *2x*

Emergency Contact Card *1x*

Note: Replace expired items annually. Consult a doctor before traveling to high-risk areas.