

Suggested basics for Travel Health

Not everyone needs to take all of the items listed, but it is helpful to have at least one person designated to carry first aid and other materials for needs as they arise. Here is a suggested list of supplies that may be needed.

Digital Thermometer	Scissors
Pain/fever medications	Safety pins, thread, and needles
Stool softener	Band-aids
Hand sanitizer/Anti-bacterial wipes	Bandages
Pebto-Bismol/Imodium	Adhesive tape
Decongestant or Antihistamines	Antibiotic ointments
Insect repellent	Lip balm
Sunscreen	Aloe Vera gel
Motion-sickness medications	Butterfly bandages
Throat lozenges	Eye drops
Calamine lotion	Sterile dressings
Tweezers	Antiseptic for cleaning wounds

**some of these items will need to be put in a checked bag for security*