

Basic Travel Kit Supplies

antidiarrheal
alcohol-based hand gel – 60% alcohol
disposable thermometer
insect repellent with at least 30% DEET
name and phone of primary healthcare provider
copy of vaccination record
sunscreen
bandaids
alcohol swabs
betadine swabs
sting relief-hydrocortisone
cold pack
pepto bismol tabs
antibiotic ointment
Benadryl Caps
moleskin
Ibuprofen Tabs
Cortisone Cream
1st Aid Information Booklet
rehydration packs—Ceralyte Electrolyte Powder