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First Aid Kit Check List

Whether you're City Touring, at the beach, or traveling abroad, its best to equip yourself with a good first aid kit. Family Travel Gear is happy to provide you with an essentials check list for your personal First Aid Kit included in the following items, some of which are available for sale at FamilyTravelGear.com. This list is compiled by other families who have experience with medical situations while traveling with there own babies and kids. We are happy to share this list of some essential items to have in your first aid kit while on the go. Always check with your doctor to be sure you have included all the essentials for your family, and feel free to pick and choose from the items on our list that best fit your particular needs.

We realize that there are other great products out there so be sure to submit your comments and product ideas to us at info@familytravelgear.com.

Essentials:

Safety & Security:

- Bandages-Gauze Pads-Waterproof-Tegaderm
- 2x2 Inch Gauze
- Adhesive (cartoon character) band aids
- Ice Packs
- Butterfly band aids
- Skin Treatment/saline wash
- First-Aid Instruments-tweezers, clothes scissors
- Sterilized Wound rinse
- Pain Relief
- Rash cream
- Hand Sanitizer
- Latex gloves
- TT-Pack
- YackPack – vomit cleanup kit
- First-aid tape and wraps-Stretch Gauze
- Digital Thermometer
- Snake and Insect Bite Kit
- Burn Cream
- Insect Sting ointment
- Triple Antibiotic Ointment
- Children's Motrin/or other fever & pain reducer
- Aspirin or other headache medicine
- Antihistamine
- Emergency Blanket, rain poncho, yellow vest with reflectors
- Emergency Mirror
- Emergency Vest
- Emergency Blanket
- Compact Rain poncho
- Antacid tablets
- Prescription medicines
- Cotton balls/Q-tips