

Travel First Aid Kit Checklist

Prepared by Global Health Passport

Use this checklist to help prepare for healthy and organized travel.

- Bandages (assorted sizes)
- Gauze pads and medical tape
- Antiseptic wipes
- Antibiotic ointment
- Digital thermometer
- Pain reliever (acetaminophen or ibuprofen)
- Allergy medication
- Motion sickness medication
- Anti-diarrheal medication
- Oral rehydration salts
- Tweezers
- Small scissors (if permitted)
- Hand sanitizer
- Insect repellent
- Sunscreen SPF 30+

Disclaimer: Educational information only. Consult a qualified healthcare professional for personalized advice.