

FIRST AID KIT

checklist



MEDICATION

- Antihistamine
- Antacid tablets
- Ibuprofen
- Rehydration pills or electrolytes replenisher
- Cold relief medicine
- Sleep aid
- Motion sickness relief
- Muscle relaxer

OTHER

- Tweezers
- Thermometer
- Tissues
- Aloe
- Hand sanitizer
- Lip balm

EMERGENCY

- Gauze pads
- Various sized bandages
- Alcohol swabs or antiseptic wipes
- First-aid balm or sting relief, anti-itch cream, & antibiotic cream

MEDICAL ID HEALTH APP

Don't forget to fill out your Medical ID available via the Health app on your iPhone. It list your emergency contacts, any allergies you may have and your doctors information.