

Travel Size First-Aid Kit: What to Pack & Downloadable Checklist

(Courtesy of Ashley Rossi, SMARTERTRAVEL)

When you pack for a trip, especially a trip overseas, it's easy to forget about medications and first-aid. That's why you should always bring a basic first-aid kit with you on your travels.

I always keep a pre-packed first-aid kit ready to go so I don't have to think twice about it when I'm packing. Of course, you may need additional items depending on where you're going and what activities you have planned. But this first-aid kit packing list covers the basics.

What Do I Need in My Travel First-Aid Kit?

Medication

These everyday medications will take care of most common aches and pains that come with a long day of travel.

- [Antihistamine](#)
- [Antacid tablets](#)
- Hydration pills or [electrolyte replenishers](#)
- [Cold relief medicine](#)
- [Sleep aid](#)
- [Motion sickness relief](#)
- Muscle relaxer

Emergency

For minor bumps and bruises, make sure you have these emergency first aid supplies in your medical kit.

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

Other

From treating splinters to sunburns, these miscellaneous items are must-haves in your travel first aid kit.

- [Tweezers](#)
- [Thermometer](#)
- [Tissues](#)

- [Aloe](#)
- [Hand sanitizer](#)
- [Lip balm](#)

First-Aid Kit Tips

- Look in the school supply section of your local drugstore for a small container, or order a small tackle box from [Amazon](#).
- Only separate medication from its labeled bottle if you know you'll be able to differentiate pills.
- Keep prescription medications separate from your first-aid kit.
- Include over-the-counter (OTC) medication based on your needs; i.e., if you're traveling on a cruise and need motion sickness pills, make sure to include those.
- Pack a natural balm like [GREEN GOO First Aid](#), which can relieve symptoms for dry skin, insect bites, scrapes, rashes, chafing, cuts, sunburns, blisters, and poison ivy.
- Include various-sized [bandages](#); they double for blister protection if you plan on doing a lot of walking.
- [Hand sanitizer](#), a [small tissue pack](#), [lip balm](#), and [sunscreen](#) are also must-haves.
- Be sure to fill out the [Medical ID on your iPhone](#) and list any allergies, emergency contacts, and your doctor's information.
- Keep a [laminated copy of your COVID-19 vaccination card](#) accessible during your travels as well as a photo of your card available on your phone.
- Remember to pack [extra face masks](#) if you plan on visiting a destination or attending an event where masking is required

[Download and print](#) this checklist to make your own travel first-aid kit.

FIRST-AID KIT CHECKLIST

MEDICATION

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

EMERGENCY

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

OTHER

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

Don't forget to fill out your Medical ID available via the Health app on iPhone to list emergency contacts, allergies, & your doctor's info.

SMARTERTRAVEL