



Basic Travel First Aid Kit Checklist

A First Aid Kit is one of the most important items to pack when heading off on your travels. What you pack into your First Aid Kit will depend on the destination, length of trip and type of intended activities. Below is a checklist to be used as a guide to packing a Basic Travel First Aid Kit that should suffice for the initial treatment of minor injuries and ailments travellers may encounter on the road.

Basic First Aid Kit Checklist

Medical Supplies

- Tweezers
- Scissors
- Safety pins
- Disposable gloves
- Band-aids / Plasters
- Gauze pads
- Cotton buds
- 10ml syringe
- 23 gauge needle
- Adhesive wound pads
- Crepe bandage
- Triangular bandage
- Steri-strips
- Alcohol swabs
- Zip lock bags
- Medical Tape
- Sanitising Hand Gel





Medications / Ointments etc.

- Canesten (for fungal infections such as Thrush or Athletes Foot)
- Betadine Ointment / Savlon / Dettol (Disinfectants)
- Normal Saline (for washing wounds and eye's)
- Imodium (for relief of Diarrhoea)
- Laxatives (for relief of Constipation)
- Iodine tablets (for disinfecting water)
- Paracetamol (for relief of mild Pain and Fever)
- Antacid Lozenges (for relief of Indigestion)
- Sunscreen
- Insect Repellent
- Oral Rehydration Solution (for rehydration after bouts of Diarrhoea or Dehydration)

Also consider

- Hydrocortisone cream (for Skin Itch)
- Antihistamines (for Allergies)
- Epi pen (for known severe Allergies)
- Anti-inflammatory (for relief of Inflammation)
- Digital thermometer (to monitor Body Temperature)
- Multivitamins (for prevention of Illness)
- Motion Sickness Tablets (for relief of Motion Sickness)
- Altitude Sickness Medications (for relief of Altitude Sickness)
- Antibiotics (for relief of Bacterial Infections)
- Antiemetic (for relief of Nausea and Vomiting)
- Sewing Needle (for removal of Splinters)

Disclaimer: This advice is provided as general guidance only. It is recommended to consult your Doctor prior to your departure regarding your personal circumstances.