



Keep Your First-Aid Kit Handy

There's no such thing as a vacation from minor injuries and ailments, so a well-stocked first-aid kit is essential to have on hand. You can buy a prepackaged kit or make your own by packing the following items in an old lunch box:

- Adhesive bandages in various sizes, adhesive tape, and gauze pads
- Antacid
- Antibacterial gel for washing hands without water
- Antibacterial ointment
- Antidiarrheal medicine
- Antihistamine or allergy medicine
- Antiseptic
- Antiseptic soap
- Pain relief medicine — for children and adults
- Cotton balls and/or swabs
- Cough medicine and/or throat lozenges
- Motion sickness medicine
- Fingernail clippers
- First-aid book or manual
- Moleskin for blisters
- Ointment for insect bites and sunburn
- Premoistened towelettes
- Thermometer
- Tissues
- Tweezers and needle

