

# First Aid Checklist

## INTERNATIONAL TRAVEL FIRST AID KIT

- PLASTERS
- THERMOMETER
- GAUZE
- TWEEZERS AND SCISSORS
- SALINE
- SURGICAL TAPE
- STERILE GLOVES
- ANTISEPTIC SOLUTION
- BANDAGING
- COOLING PACK
- TRIANGULAR BANDAGE AND SAFETY PIN

## OVER THE COUNTER MEDICINES

- CONSTIPATION MEDICINE
- DIARRHOEA MEDICINE
- NAUSEA AND VOMITING MEDICINE
- DEHYDRATION MEDICINE
- PAIN AND SWELLING MEDICINE
- COUGHS AND COLDS MEDICINE
- ALLERGIES MEDICINE

