

Pack a Traveler's First-Aid Kit



You can handle many minor medical emergencies that crop up as you travel if you have the right supplies at hand. Use the following list as a guideline for packing your own first-aid kit.

- Rubbing alcohol or alcohol wipes.
- Antibacterial cream or spray.
- Adhesive strips, gauze pads, and cotton swabs.
- Elastic bandages.
- Mild pain relievers, such as aspirin, acetaminophen, or ibuprofen.
- Antacids.
- Cough and cold remedies.
- Diarrhea medication.
- Broad-spectrum antibiotic (requires a doctor's prescription).

To conserve space in your baggage, purchase supplies in trial-size containers. If you're going to travel by airplane, avoid aerosol products. They can explode if subjected to drastic changes in air pressure.

You should also carry your medical insurance card and the name, address, and phone number of your doctor.