

General Items

- Alcohol based sanitizer
- Aloe vera gel
- Antibacterial hand wipes, gel, or liquid
- Dental Floss
- Deodorant
- Disposable latex or vinyl gloves
- Ear plugs
- Extra pair of prescription glasses or contact lenses
- First aid items (adhesive bandages, cotton swabs, gauze, elastic bandage, antiseptic, scissors, tweezers)
- Insect repellents
- Lip balm with sunscreen
- Mask or face covering
- Moleskin for blisters
- Oral rehydration solution or tablets
- Saline eye drops
- Sunscreen (min SPF 15)
- Thermometer
- Toothpaste
- Tweezers

Common Medications

- Acetaminophen, ibuprofen, or other medication for pain/fever
- Antacid
- Antibacterial ointment
- Antibiotic for self-treatment of moderate to severe diarrhea
- Antidiarrheal medication
- Antifungal ointment
- Antihistamine, decongestant, and cough suppressant, alone or in combination
- Hydrocortisone cream(1%)
- Insulin cold pack
- Laxative
- Medications
- Melatonin
- Motion sickness medication
- Sugar tablets