

Inga's First Aid Kit

Over the Counter (for many meds, just a few tablets):

- Ibuprofen (Advil) for fever reduction and pain relief
- Acetaminophen (Tylenol) for fever reduction and pain relief
- Diphenhydramine (Benadryl) for allergic reactions, sleep, nausea
- Loratidine (Claritin) for seasonal allergies
- Bismuth subsalicylate (Pepto Bismol) tablets for mild GI upset & diarrhea
- Loperimide (Immodium) for diarrhea
- Antibiotic ointment for skin breaks, including blisters and chafing
- Hydrocortisone cream for bug bites or skin issues
- Anti-fungal cream
- Eye drops

Prescriptions (depends on type of trip-talk to your doctor):

- Personal prescription medications
- Zolpidem (Ambien) or other for sleep
- Ondansetron (Zofran) for nausea
- Ciprofloxacin (Cipro) for infection
- Hydrocodone (Vicodin) for extreme pain, such as broken bones
- Acetazolamide (Diamox) for altitude sickness
- Dexamethasone for altitude sickness or severe allergic reactions
- Antibiotics if traveling overseas

Non-medication

- Band-Aids
- Steri-strips for lacerations
- Razor blade
- Tweezers
- Bandana (can be made into a sling)
- Thermometer
- Pulse oximeter (measure oxygen saturation in blood)

Repair Items

- Safety pins
- Sewing needle, thread (can also use dental floss)