



TRAVEL FIRST AID KIT CHECKLIST

This checklist outlines a travel focused first aid kit intended for resort and liveboard diving. It covers common minor issues that can interrupt diving while away from home and supplements, but does not replace, onboard or local medical resources. Some destinations may warrant additional medications or supplies based on local health risks.

Review current CDC guidance for your destination and adjust this kit accordingly.

ULTRA LIGHT "BOO BOO" KIT*

- (1) Aspirin, (1) Ibuprofen, (1) Tylenol**
- (1) Benadryl**
- (2) Hydrocortisone**
- (2) Antibiotic Ointment**
- (8) Antiseptic Wipes**
- (2) Burn Cream**
- (4) Sting & Bite wipes**
- Assorted Adhesive Bandages**
- Ear drying drops (post-dive)
- Eye drops (saline or lubricating)
- Motion sickness medication
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BASIC TRAVEL KIT

- (Duplicate items from left column)*
- Anti diarrheal medication
- Digital thermometer (small)
- Antacid Tablets
- Assorted Moleskin / Blister Patches
- (2) Gauze Pad (small)
- Waterproof Medical Tape

ADDITIONAL ITEMS

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* The "Boo Boo Kit" from medicalgearoutfitters.com costs \$9.99 and includes all of the **bold** items in a small plastic bag. I highly recommend you simply buy 2 of them for your kit (*replace every couple years*) and then supplement the kit with the remaining items.



This checklist intentionally excludes personal medical items and supplies that require formal medical training. Divers with appropriate training may choose to carry additional items.

