

Travel First Aid Kit Checklist

This checklist outlines a travel focused first aid kit intended for resort and liveaboard 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*		Basic Travel Kit	
	(1) Aspirin, (1) Ibuprofen, (1) Tylenol		(<i>Duplicate items from left column</i>)
	(1) Benadryl		Anti diarrheal medication
	(2) Hydrocortisone		Digital thermometer (small)
	(2) Antibiotic Ointment		Antacid Tablets
	(8) Antiseptic Wipes		Assorted Moleskin / Blister Patches
	(2) Burn Cream		(2) Gauze Pad (<i>small</i>)
	(4) Sting & Bite wipes		Waterproof Medical Tape
	Assorted Adhesive Bandages	Additional Items	
	Ear drying drops (<i>post-dive</i>)		
	Eye drops (<i>saline or lubricating</i>)		
	Motion sickness medication		

* The “Boo Boo Kit” from medicalgearoutfitters.com costs \$9.99 and includes all of the gray 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.

