

MOTHERCOULD

EMERGENCY TRAVEL BAG

C H E C K L I S T

M E D I C A T I O N S

- Pain reliever (Tylenol/Advil)
- Antacid tablets
- Antihistamine
- Sleep aid
- Motion sickness relief
- Rehydration pills/electrolytes
- Antidiarrheal tablets
- Cold/cough medication
- Stool softener
- Cold sore treatment

E M E R G E N C Y

- Band Aids (multiple sizes)
- Blister bandages/moleskin
- Gauze pads
- Medical tape
- Alcohol pads
- Antibiotic cream (Neosporin)
- Anti-itch cream (Cortisone)



O T H E R

- Aloe lotion
- Hand sanitizer
- Tissues
- Tweezers
- Small scissors
- Safety pins
- Thermometer
- Sanitizing wipes
- Bug spray
- Nail polish remover
- Nail cutter & file
- Sunscreen
- Eye drops
- Cotton swabs