

Medications

- Pain or fever (one or more of the following, or an alternative):
 - Acetaminophen
 - Aspirin
 - Ibuprofen
- Stomach upset or diarrhea:
 - Over-the-counter antidiarrheal medication (such as loperamide or bismuth subsalicylate)
 - Oral rehydration solution packets
 - Mild laxative
 - Antacid
- Items to treat throat and respiratory symptoms:
 - Antihistamine
 - Decongestant, alone or in combination with antihistamine
 - Cough suppressant/expectorant
 - Throat lozenges
- Anti-motion sickness medication. (Less drowsy formula)
- Any medications, prescription or over the counter, taken on a regular basis at home. (the health officers will collect medications of minors and administer them throughout the trip)

Basic First Aid

- Disposable gloves (at least two pairs)
- Adhesive bandages, multiple sizes
- Gauze
- Adhesive tape
- Elastic bandage wrap for sprains and strains
- Antiseptic
- Cotton swabs
- Tweezers
- Scissors
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Anti-itch gel or cream for insect bites and stings
- Aloe gel for sunburns

- Moleskin or molefoam for blisters
- Digital thermometer
- Saline eye drops
- First-aid quick reference card

Other Important Items

- Insect repellent
- Sunscreen (SPF 15 or greater)
- Antibacterial hand wipes or an alcohol-based hand sanitizer containing at least 60% alcohol
- Hand-pump soap for bathroom sinks (4)