



CRUISE FIRST AID KIT CHECKLIST

FIRST AID KIT BASICS

digital thermometer

scissors

tweezers

ziploc bags

ace bandage

hand sanitizer

eye drops

instant ice pack

CUTS, SCRAPES AND BLISTERS

band-aids

moleskin

alcohol wipes

blister balm

medical tape

sterile gauze

antibiotic cream

RASHES AND INSECT BITES

antihistamine tabs

cortisone cream

PAIN RELIEF

ibuprofen

acetaminophen

sore muscle rub



CRUISE FIRST AID KIT CHECKLIST

SUNBURN CARE

- | | |
|---|--------------------------------|
| <input type="checkbox"/> <u>aloe vera gel</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>lidocaine spray</u> | <input type="checkbox"/> _____ |

COLD PREVENTION

- | | |
|---|--|
| <input type="checkbox"/> <u>zinc lozenges</u> | <input type="checkbox"/> <u>cough medicine</u> |
| <input type="checkbox"/> <u>vitamin C lozenges</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>day/night cold meds</u> | <input type="checkbox"/> _____ |

SEASICKNESS REMEDIES

- | | |
|---|---|
| <input type="checkbox"/> <u>antiemetic pills</u> | <input type="checkbox"/> <u>sea-bands</u> |
| <input type="checkbox"/> <u>ginger capsules</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>motion sick patches</u> | <input type="checkbox"/> _____ |

DIGESTIVE RELIEF

- | | |
|--|--|
| <input type="checkbox"/> <u>antacids</u> | <input type="checkbox"/> <u>gas relief</u> |
| <input type="checkbox"/> <u>antidiarrhea tabs</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>bismuth tablets</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>laxative tabs or tea</u> | <input type="checkbox"/> _____ |

MINI-KITS

- | | |
|--|--|
| <input type="checkbox"/> <u>dental kit</u> | <input type="checkbox"/> <u>sewing kit</u> |
| <input type="checkbox"/> <u>eyeglass kit</u> | <input type="checkbox"/> _____ |



CRUISE FIRST AID KIT CHECKLIST

OTHER FIRST AID KIT NEEDS

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....