

Travel First Aid Kit: Essential Checklist for Women Adventurers



Wellness adventure travel is exciting and full of possibilities, but nothing ruins the fun like getting sick or hurt along the way. Having a first aid kit that's just right for you and your destination can make all the difference in keeping your journey smooth and enjoyable.

I remember being in Nepal, ready to kick off a five-day trek, when stomach issues hit me out of nowhere. Two of doses of Imodium saved the day! Then there was the time in Iceland when I hurt my toe right before a hike—thank goodness for buddy tape! And in Peru, the high altitude gave me some trouble, but hydration salts and a little extra Diamox kept me on track. I always stash a small amount of these essentials in my trusty little REI zip-up bag, and I'm good to go.

Whether you're hiking through remote trails or discovering new cities, this guide will help you pack the right first aid essentials to handle those little health bumps, so you can stay focused on the adventure. Let's dive into some must-haves for your travel first aid kit—just pick what works best for you and your trip!

FIRST AID BASICS

- Band aids.** Many uses; great for treating minor cuts, scrapes, and blisters.
- Mole skin:** Essential for preventing blisters at sore spots when hiking.
- Antiseptic wipes:** A small packet is sufficient.
- Antibiotic ointment:** This comes in compact tubes.
- Steroid cream:** Handy for rashes; hard to find in some countries.
- Small roll of medical tape:** if you have room, useful for injuries like toe buddy taping.

OVER THE COUNTER MEDICATION

- Advil:** For pain relief.
- Anti-diarrhea:** Imodium is usually recommended
- Pepto bismol:** Optional, but helpful for some.
- Antihistamines:** For allergies.
- Dramamine:** For motion sickness.
- Melatonin:** To aid with jet lag, if helpful for you.
- Cold medicine:** A few tablets for unexpected colds.

PRESCRIPTION MEDICATION

Discuss these with your doctor if you are traveling to regions where they may be helpful.

- Antibiotic for Traveler's Diarrhea:** Consult your doctor.
- Diamox for Altitude Sickness:** Check CDC recommendations link below.
- EpiPen:** If you have severe allergies; carry a doctor's note if traveling by plane.
- Personal Medications and Vitamins:** If you are prone to UTI's, migraines, etc, bring along your treatment. Include a copy of your prescriptions.

WELLNESS

- Oral rehydration salts:** For dehydration; a few small packets are useful.
- Lavender essential oil:** For relaxation and sleep; take a small bottle if in carry-on.
- Probiotics.** Non-refrigerated ones are ideal for gut health while traveling. Also great to prevent yeast infections if you need antibiotics.

OTHER IMPORTANT ITEMS

- Ear Plugs:** Useful for noisy environments and flights.
- Eye Mask:** Helpful for sleep, especially in places with extended daylight hours.
- Sanitizer Wipes:** To clean your plane seat.
- Hand Sanitizer:** For general hygiene.
- Face Mask:** Just in case-for added protection in crowded areas.

IMPORTANT RESOURCES FROM THE CDC

[VACCINATIONS](#)

[FOOD PRECAUTIONS](#)

[WATER SAFETY](#)

[HIGH ALTITUDE TRAVEL](#)

PRE-TRIP PREPARATION

- Allergy Notifications:** Inform your tour leader or friends of severe allergies.
- Trip Insurance:** Ensure it includes medical coverage and emergency evacuation. Keep the policy number and contact info handy.

PACKING TIPS

- Plastic Pill Bags:** Use 2-inch bags for space-saving; label each with expiration dates.
- Lightweight Bag:** Use a lightweight bag for your first aid kit.
- Organization:** Store labelled medication packets together in a small bag for better organization.
- Carry-On:** Pack your kit in your carry-on luggage for easy access.

CONCLUSION

Wellness adventure travel enriches our lives in countless ways, often creating some of our most cherished memories. Whether you're seeking a bit of adventure, personal growth, or simply a rejuvenating break, having a well-prepared first aid kit helps you enjoy every moment with peace of mind. This guide covers the essentials, but it's always a good idea to consult with your healthcare provider to tailor your kit to your specific needs and destination.

Stay safe, stay well, and embrace every moment of your experience!

Warmly,
Stacey

[LH Adventure Travel](#)

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Women's Wellness Adventure Travel