

Pack a travel first aid kit

Traveling? Make a little room in your luggage for a travel first aid kit. It won't cost much

or take up much space. Once you reach your destination, you won't need to reach any further than your suitcase to relieve those minor aches and pains that can put a major damper on your plans.

A basic travel first aid kit should include a handful of over-the-counter remedies you can buy just about anywhere, said Caroline Sullivan, DNP, assistant professor at Columbia University School of Nursing.

Here's what should go in the kit:

- Tylenol or Advil to ease a headache

or fever

- Cortisone 10 cream to soothe an itchy, swollen insect bite
- Antibiotic ointment like Neosporin or Bacitracin to prevent infection from minor cuts, scrapes, and burns
- Band-Aids to cover up blisters, or for those minor cuts and scrapes
- Pepto-Bismol tablets to relieve diarrhea, upset stomach, heartburn, indigestion, and nausea after too much food and

drink. Note: This is for adults only. Pepto-Bismol has salicylates which have been linked to Reye's syndrome.

- Benadryl to relieve allergies, and also to help you sleep
- Hand sanitizer that contains at least 60% alcohol
- Tissues to sneeze, dab cuts, and clean hands in a pinch



Pack your prescription medicines in their original bottles in your carryon bag.