



GO BAG TIPS



- Keep your Go Bag packed next to your bed.
- If there is a high risk of burglary, you may want to sleep with your wallet and passport under your pillow.
- Avoid packing certain items in your carry-on luggage. Items that are likely not allowed are marked with an asterisk (*). Check your airline's website, the TSA website ([tsa.gov](https://www.tsa.gov)), and your destination country's airline security authority for a complete list of prohibited carry-on items.

GO BAG PACKING LIST

- Water:** Plastic water bottle
- Food:** Snack bars
- Communications:** Mobile phone, writing pad, pen, permanent marker, chalk, whistle, flashlight, panic alarm, candle, light stick, and zip lock bags
- Identification:** Passport, wallet, driving license, and copies of emergency contact numbers
- Money:** Mix of cash and credit cards
- Toiletries:** Toothbrush, toothpaste, bar of soap, and toilet paper
- Clothing:** Depends on local weather but should include a rain jacket, 1 pair of socks, underwear, sweater, cap/hat, sunglasses, prescription glasses, and contact lenses
- Compass and map**
- Batteries and charging devices**
- Matches*** and **lighter*:** Do not use after an earthquake or other incident that may have disturbed gas or fuel lines.
- Electric tape or duct tape**
- Electric tie cords**
- Condom**
- Basic First Aid Kit** (see below)

BASIC FIRST AID KIT TIPS

- Keep your Basic First Aid Kit easily accessible on your belt or in your backpack, fanny pack, pocketbook, or handbag.
- Pack items not allowed in carry-on luggage (*) on the top of your checked luggage so that you can quickly retrieve them before leaving the airport. Check your airline's website, the TSA website ([tsa.gov](https://www.tsa.gov)), and your destination country's airline security authority for a complete list of prohibited carry-on items.

BASIC FIRST AID KIT LIST

- Aspirin** (e.g. Bayer): Used sparingly to treat pain or fever, but should be considered if a possible heart attack or stroke is taking place.
- Ibuprofen** (e.g. Advil or Motrin): To treat pain and inflammation
- Anti-diarrhea medication** (e.g. Imodium)
- Antihistamine** (e.g. Benadryl): To treat allergic reactions, bug bites, and rashes
- Motion-sickness medication** (e.g. Dramamine)
- Any prescription medications you require**
- Feminine hygiene products**
- Hand sanitizer**
- Band-Aids** (various sizes)
- Chap stick**
- Sun block** (SPF 15 or greater with UVA and UVB protection)
- Small pocket knife***
- Batteries and charging devices**
- Matches*** and **lighter*:** Do not use after an earthquake or other incident that may have disturbed gas or fuel lines.

COMPREHENSIVE FIRST AID KIT TIPS



- Pack your Comprehensive First Aid Kit in your checked luggage when flying.
- Use the items on the following list to bolster your Basic First Aid Kit, depending on your activities. For example, if traveling long distances, take the entire kit; but if going on a hike, take select items that could come in handy.
- The following list is designed to help most travelers alleviate minor sickness or injuries; when in doubt, seek professional medical advice.

COMPREHENSIVE FIRST AID KIT LIST

- **Basic First Aid Kit items** (listed on previous page): Also consider whether you need a larger supply of certain items.
- **Acetaminophen** (e.g. Tylenol or Paracetamol): To relieve pain and reduce fevers
- **Antacids** and **stomach cramp medications**
- **Cold medicine**
- **Cough drops/throat lozenges**
- **Water purifying pills**
- **Oral rehydration salts**
- **Condom**: Can also be used to carry water in an emergency
- **Handkerchief** or **mask** (e.g. N95): To filter air pollution; the mask needs to be fitted properly to be effective.
- **Bug spray** (containing at least 30-35% DEET) and **insect bit cream**
- **Eye drops**
- **Ear drops**
- **Moleskin**: For large blisters
- **Waterproof athletic tape**
- **Antibiotic ointment** or **powder** (e.g. Bacitracin or Erythromycin)
- **Nitrile gloves** (alternative to latex)
- **Compression bandage** (e.g. Ace): For minor sprains
- **Blood stopper compress**: Feminine sanitary pads are also very effective for applying to a bleeding wound.
- **Scissors***
- **Tweezers**
- **Tourniquet**: Examples include a physical therapist's rubber band, which is lightweight and can be applied using one hand; a belt can also work as an emergency tourniquet. Tourniquets are only used as a last resort in an attempt to slow or stop arterial bleeding. Pressure and elevating the affected wound should be tried first before attempting a tourniquet. Do not use tourniquets for insect, spider, or snake bites, or scorpion stings.

We recommend that all travelers participate in a certified First Aid course, especially if traveling to remote regions.