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), 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), 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.