

## First Aid Kit

When traveling, it's always a good idea to have a first aid kit around. Here's what should be inside:

1. Bactine (or other antiseptic)  
Cleans wounds and kills pain.
2. Gauze Pads  
Get the largest size.
3. Curved Scissors  
For cutting gauze, tape, and other things
4. Adhesive tape  
Sticks things to your skin.
5. Ace Bandage (stretchy bandage?)  
Keeps joints from moving
6. Instant cold pack (fast ice?)  
Eases swelling
7. Latex Gloves  
To protect from disease
8. Band aids  
Different sizes and shapes
9. Tweezers  
To remove splinters
10. Sting and bite treatment  
Eases pain.