

### **Baby's First Aid Kit Checklist**

- Current prescription medications, instructions and prescription refill
- Baby's one pager: Information on baby's medical history, insurance, immunizations, and contact details for baby's doctor and emergency contacts if parents are not available.
- A thermometer and petroleum jelly to lubricate the tip if it's a rectal thermometer
- Infant Tylenol (acetaminophen) and Motrin (ibuprofen- only if your baby is older than 6 months)
- Bottle of saline solution or water (for rinsing wounds)
- Liquid soap or antiseptic wipes
- Antibiotic ointment (like Neosporin)
- A couple of bandages, gauze and tape: 5 3x3" and 4x4" sterile gauze pads, 1 roll of adhesive paper tape, a 3" or 4" roller bandage, and a variety of small adhesive bandages.
- Washcloth
- Sunblock and protective sun wear
- Poison control phone number 1-800-222-1222
- Hydrocortisone
- Lotion and lip balm
- A "what to do" guide to infant emergencies like Baby MEDBASICS
- Something to keep your little one distracted- stickers, a little toy, pictures of family

Happy travels with your baby!