

# Medical & Essentials

Band-aids, Neosporin, Hydrocortisone, Vaseline

ACE Bandage, gauze, tape, blister prevention

Insect repellent, itch relief, Benadryl, eye drops, Epi-pen

Aleve, Tylenol, Advil, Advil (dual), aspirin

Anti-diarrheal, Tums, Pepto-Bismol, laxative, anti-gas

Nyquil Cold & Flu, Mucinex, Zicam nasal, cough drops/syrup, Vicks vaporub

Thermometer, hot/cold water bag, covid test

AZO, cranberry caplets

Prescriptions

Duct tape, Ziploc bags, sanitizing wipes

Tide Pods, Shout Color Catcher, Dryer Sheets, Tide Pen

Wine key, mini-umbrella, plastic rain ponchos

Sunblock, lip balm, aloe vera gel

Bonine/Dramamine, Sea Pressure Bands, ginger gum, Transderm Scop

Binoculars

Over the door hanging shoe bag

Snorkel gear, waterproof phone case