



Go Bag Shopping List

Supplemental First Aid Items

(We keep a full-sized first aid kit in the camper – these are extra)

- [Bandages](#)
- [Antibacterial ointment](#)
- [Cortisone anti-itch cream](#)
- [Benadryl itch relief stick](#)
- [Moleskin protective padding](#) (for blisters)
- [Cleansing wipes](#)
- [Oral thermometer](#)

Over the Counter and Prescription Medications

- Ibuprofen tablets
- Acetaminophen-Codeine tablets (left over from a procedure)
- [Pepto Bismol chewable tablets](#)
- [Antihistamine \(Diphenhydramine\) tablets](#)
- Decongestant (We have pseudoephedrine, which you can only buy in person)
- [Urinary pain relief tablets](#)
- [Meclizine tablets](#) (for motion sickness)
- [Anti-diarrheal tablets](#)
- [Chewable antacid tablets](#)
- [Voltaren gel](#)

Miscellaneous/Extra Stuff

- Hand soap (travel sized, from a long-ago hotel stay)
- [Leatherman Micra](#)
- [Dr. Bronner's Hemp Lavender Castille Soap](#) (can be used as hand soap, shampoo and body wash -- or dish detergent in a pinch)
- Hand sanitizer (travel size)
- [KN95 disposable face masks](#) (we keep a few extras in the bag)
- [Hair ties](#)
- Travel size toothpaste
- [Toothbrush](#)
- [Dental floss](#)
- [Dental picks](#)
- [Foam ear plugs](#)
- [Lip balm](#)
- [Magnifying compact mirror](#)
- [Disposable razor](#)
- [Tick remover](#), in a small plastic bag. Put the tick in the bag if you think you'll need to identify it later.
- [Waterproof matches](#)
- Hand lotion sample
- Sample sized sun block