

VILLA IXTAPA



VILLA IXTAPA helps you

Packing 10 must-haves for your travel first aid kit

We've all been there. You're on vacation, having a good time, and then it happens: you get stung by a bee, you step barefoot across broken glass on the beach or you come down with the stomach flu. Here are 10 top items you'll be thankful that you have in your traveler first aid kit:

1. Pain reliever: for headaches, muscle aches and minor injuries.
2. Antihistamine: spend your time exploring, not sneezing!
3. Antibiotic ointment: for minor cuts and scrapes.
4. Bandages and tape: for minor injuries and cuts.
5. Insect repellent and anti-itch ointment: to ward off the local pests.
6. Medication for motion sickness, nausea and/or diarrhea: don't be caught without it.
7. Aloe Vera gel: for soothing sunburn pain and redness.
8. Tweezers and scissors: for pulling out splinters and stingers and for cutting bandages.
9. Thermometer: for monitoring a fever should you come down with something you don't want.
10. Ear drops: for easing earaches due to flying and swimming.