

Start with a pouch of your choice. 8in x 6in / 3cm x 2.25cm is a good starting size. Waterproof liner recommended.

Over-the-Counter Drug Categories

Preventative

- ❑ [Throat Lozenges](#), for coughs and tickles
- ❑ [Dental Wax](#), if you suffer from any type of orthodontic issues. Also helps in smoothing out a broken molar until you can get to a dentist.
- ❑ [Sleep aid](#), if you struggle with jet lag, you might want to bring OTC sleeping pills, melatonin or other sleep aids with you.
- ❑ [Vitamins](#), bring your favorite multi, or double down on the Vitamin C (my fav brand is LivOn Labs).
- ❑ [Wellness Herbal Resistance Drops](#), (alcohol free version) this is always in my arsenal. At the first sign of illness, take six drops everyday.
- ❑ [Oregano Oil](#), I never leave home without this little bottle (put it in a Ziploc – you do NOT want this to leak, it is crazy strong!). At the first sign of feeling sick, take four droplets along with a teaspoon of “carrier” oil (like olive oil) three times a day.

Painkillers

- ❑ [Tylenol](#), headaches and relief from the occasional Ouzo overindulgence
- ❑ [Ibuprofen](#), reduces inflammation
- ❑ [Anti-histamine](#) (like Benadryl) capsules, for allergic reactions

Digestive

- ❑ [Motion Sickness](#) meds that work for you. From Gravel, to Ginger Chews, to Dramamine to Meclizine...whatever helps you the most
- ❑ [Chewable antacid tablets](#), you never know how foreign food will affect you
- ❑ [Chewable Bismuth digestive relief](#), (Like Pepto-Bismol) broader scope if you need bigger guns

First Aid

- ❑ [Hydrocortisone](#), because itching
- ❑ [First Aid Tape](#), (like NexCare) it fixes everything, secures gauze bandages, multi-purpose in a pinch.
- ❑ [Finger cots](#) for a nasty slice, or if you don't want to touch something gross
- ❑ [Flexible adhesive bandages](#), in regular and butterfly
- ❑ [Blister protection](#), (personal favorite brand: Compeed) save your feet especially if you're doing a lot of walking!
- ❑ [Antiseptic pain-relieving spray](#) (like Neosporin) fix it from a distance, amirite?
- ❑ [Gauze squares](#), for larger scrapes
- ❑ [Burn relief](#), for s'mores injuries

Cold/Flu

- ❑ [Daytime cold medicine](#), Maybe it's a cold, maybe it's allergies...maybe it's covid. You still need some relief.
- ❑ [Nighttime cold medicine](#), I get the daytime/nighttime combo pack. You don't need the box, just throw the blister pack in your kit.
- ❑ [Sudafed Sinus](#) is similar to DayQuil, but sometimes works better for me. Whatever suits you.