

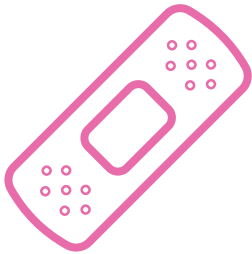
Summer First Aid Kit Checklist

Between pool days, playground climbs and weekend hikes, summer is full of little surprises. Whether you're packing for a family road trip or just heading out to the park, use ParentingU's list for your family's summer first aid kit:



First Aid Essentials

- ☐ Band-aids in a variety of sizes
- ☐ Antibacterial ointment
- ☐ Hydrocortisone cream
- ☐ Saline solution
- ☐ Gauze pads and medical tape



Bug Bite Defense

- ☐ Bug spray with DEET (*use sparingly for kids under 2*)
- ☐ Permethrin-treated clothing (*for children who won't chew on clothes*)
- ☐ Antihistamines



Pro Tips:

- Keep your kit in a cool, dry place. Heat can reduce the effectiveness of medications.
- Check expiration dates before every new season.
- Pack a small version in your pool bag, car or stroller caddy for quick access.
- Connect with your pediatrician about your child's individual needs.



Listen to Kali Broussard, MD, on ParentingU wherever you get your podcasts.

fmoths.org/parentingu

