Consider a well-stocked first-aid as a first line of defense. Below is a list of recommended items.

* Band-Aids
* Rubbing alcohol
* Cough/cold medicine
* Rubber gloves
* Sunscreen and sunburn ointment
* Anti-diarrhea medication
* Gauze and adhesive tape
* Antibacterial ointment
* Pain reliever
* Feminine hygiene products (if necessary)
* Hand sanitizer
* Flashlight
* Insect repellent