

Purpose	Medication	Why it Matters
Pain & Fever	Acetaminophen (Tylenol)	Reduces fever and mild-to-moderate pain
Anti-inflammatory	Ibuprofen (Advil, Motrin)	For swelling, sprains, joint/muscle pain
Allergic Reactions	Diphenhydramine (Benadryl)	Treats hives, itching and mild allergic responses
Itchy Skin & Rashes	Hydrocortisone Cream 1%	Reduces inflammation from bites, rashes, eczema
Stomach upset	Bismuth Subsalicylate (Pepto-Bismol)	Helps with nausea, heartburn, indigestion
Diarrhea	Loperamide (Imodium)	Slows bowel movements, prevents dehydration
Gas & Bloating	Simethicone (Gas-X)	Relieves painful gas and bloating
Electrolyte Support	Electrolyte Packets (e.g. ReLyte, Pedialyte Powder)	Rehydrates after vomiting, diarrhea, or heat
Minor Wound Care	Triple Antibiotic Ointment	Prevents infection in scrapes, cuts, burns
Cough & Congestion	Guaifensin (Mucinex)	Helps clear chest congestion and mucus