

Eczema Holiday Packing checklist

- Regular eczema creams & copy of prescriptions
- Hydrocortisone cream
- Pirifon & measuring syringe
- Usual wipes
- Usual bodywash, shampoo & hand soap
- UV sunsuit or wetsuit
- Sun hats
- Nail clippers
- First aid kit (with hypoallergenic plasters, bite/sting cream, sachets of kids painkillers)
- Portable shade (pop-up sun tent or parasol)
- Distraction toys
- Ziplock bag of usual washing powder
- Sheets & pillowcases and long PJs
- cot bed / ready-bed/ mattress cover
- Picnic blanket
- Allergy friendly snacks
- Translation cards/ translation app

