

The type of kit taken on a trip depends on personal preference, nature of the trip and your medical knowledge. Remember to take an adequate supply of your regular medicine with the prescription and appropriate anti-malarials if required.

## General First Aid Kit

- Sterile plasters, gauze pads, surgical tape (e.g. micropore)
- Antiseptic cream / saline wash / alcohol wipes
- Pain killer and antipyretic e.g. paracetamol or Ibuprofen
- Oral rehydration sachets or tablets

## Other essential items

- Sun creams (at least factor 15), insect repellents
- Consider taking condoms
- Consider tubigrip or elasticated bandages for limb injuries
- Consider water purification treatments/ filtration system

## Sterile Emergency Medical Kit

Many developing countries re-use medical supplies such as syringes and needles increasing the risk of HIV and Hepatitis B & C infection. If you carry a small pack containing sterile syringes, needles, sutures and dressings, it can be used if you require emergency treatment in these circumstances. Airline regulations demand that medical kits are packed in hold luggage.

## Medical kit for travellers who will be remote from medical care

If you are travelling remote from medical care it is worth considering taking antibiotics (at the discretion of your doctor and those who will be very remote from medical care should discuss standby malaria treatment where appropriate).

## Useful medication (prescription not necessary)

- Antihistamine tablets
- Anti-diarrhoeal agent such as loperamide (for adults only)
- Anti-motion sickness medicine
- An antifungal cream.
- Oil of cloves, to treat tooth ache
- Women may also want an antifungal vaginal pessary for treating thrush.
- Hydrocortisone cream is helpful for itchy (but not infected) insect bites and rashes.
- Painkillers that include codeine (or any opiate drugs) can cause problems when entering some countries.

Check regulations in advance and preferably make sure they have been prescribed by your doctor (include the prescription/proof)

## Suggested websites

- [www.nathnac.org/](http://www.nathnac.org/) - for country specific and general travel health advice.
- [www.istm.org](http://www.istm.org) - International Society of Travel Medicine, for directory of worldwide travel health clinics.
- [www.iamat.org](http://www.iamat.org) - for a directory of English speaking doctors abroad.

## Useful reading:

There are many handbooks available to assist you while travelling. These include the Berlitz Travel Health Pocket Guide 2007 by Ted Lancaster or Travellers Health: How to Stay Healthy Abroad by Richard Darwood.