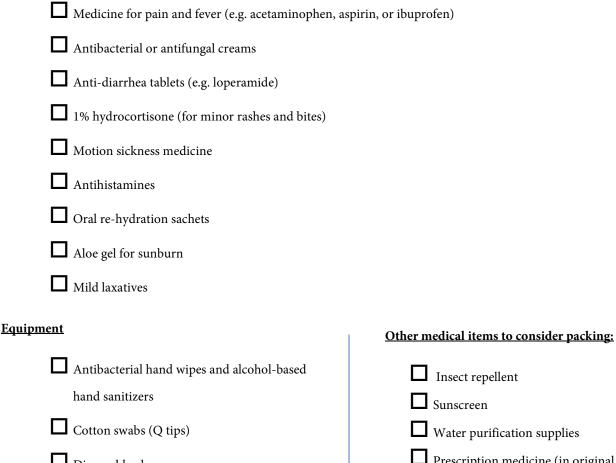


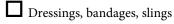


Checklist: MEDICAL/FIRST AID items

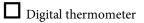
Over-the-counter medicines



Disposable gloves



□ Scissors and safety pins



Tweezers

- Water purification supplies
 Prescription medicine (in original bottle, carry actual prescription letter from doctor, take in hand luggage and enough for the entire trip plus a little extra)
- Feminine hygiene products

Birth control/condoms

Consult your doctor about other suggestions on items to pack to meet your individual needs.