Checklist: MEDICAL/ FIRST AID items

Over-the-counter medicines

☐ Medicine for pain and fever (e.g. acetaminophen, aspirin, or ibuprofen)
☐ Antibacterial or antifungal creams
☐ Anti-diarrhea tablets (e.g. loperamide)
☐ 1% hydrocortisone (for minor rashes and bites)
☐ Motion sickness medicine
☐ Antihistamines
☐ Oral re-hydration sachets
☐ Aloe gel for sunburn
☐ Mild laxatives

Equipment

☐ Antibacterial hand wipes and alcohol-based hand sanitizers
☐ Cotton swabs (Q tips)
☐ Disposable gloves
☐ Dressings, bandages, slings
☐ Scissors and safety pins
☐ Digital thermometer
☐ Tweezers

Other medical items to consider packing:

☐ Insect repellent
☐ Sunscreen
☐ 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.