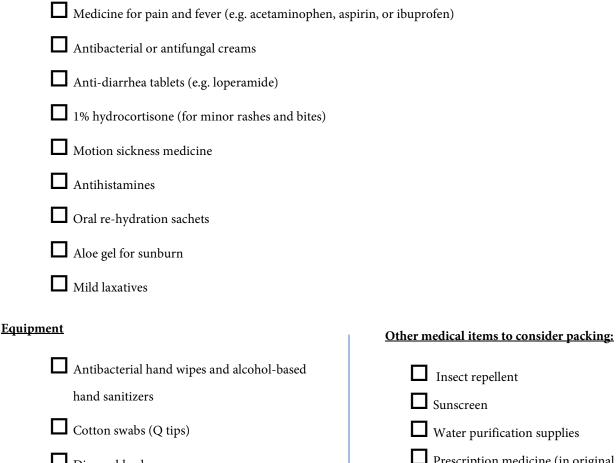


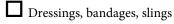


## Checklist: MEDICAL/FIRST AID items

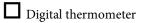
## **Over-the-counter medicines**



Disposable gloves



□ Scissors and safety pins



**T**weezers

- 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.