



### 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.**