

ASSEMBLING A MEDICAL KIT FOR TRAVEL

TRAVEL TIPS

- > Assemble a medical kit using the suggestions below.
- > Purchase medical evacuation insurance.
- > Carry all prescribed medications in their original containers. Keep over-the-counter medications in their original packaging.
- > Update immunizations before travel.
- > Wash your hands frequently using alcohol-based hand sanitizer or soap and water.
- > Keep your passport in a safe place (such as a security belt) and keep a copy of your passport in a separate location. Before travel, give a copy of your passport to a friend or family member. Consider storing travel documents in the cloud.
- > Avoid bringing expensive items on your trip such as diamond rings, laptops, etc.
- > Travel only with credit cards you will be using.
- > Carry extra food and safe water

MEDICAL KIT CHECKLIST

Allergic reaction

- Diphenhydramine - 25-50 mg (Benadryl®)
- Epinephrine - 0.3 mg/2 ml (auto-injector/EpiPen®)
- Hydrocortisone 1% cream (Cortaid®, Cortizone®)

Altitude Illness

- Acetazolamide - 125-250 mg (Diamox®)
- Dexamethasone - 4 mg (Decadron®)

First Aid

- Antiseptic
- Elastic bandages (Ace®)
- Adhesive bandages (Band-Aid®)
- Cloth tape
- Duct tape
- Emergency blanket
- First aid manual
- Gloves
- Liquid bandage (New-Skin®, Nexcare®)

First Aid, cont.

- Moleskin (Molefoam®, Blist-o-Ban®)
- SAM® Splint (flexible, foam-backed)
- Scissors
- Thermometer
- Triangular bandage
- Tweezers

Gastrointestinal Conditions

- Bismuth subsalicylate (Pepto-Bismol®)
- Loperamide (Imodium®)
- Antibiotic (azithromycin, ciprofloxacin or rifaximin)
- Tinidazole (Tindamax®)
- Oral rehydration salts
- Fiber supplement
- Docusate sodium (Colace®)
- Polyethylene glycol (Miralax®)

