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, ciprofloxaxin or rifaximin)
- Tinidazole (Tindamax®)
- Oral rehydration salts
- Fiber supplement
- Docusate sodium (Colace®)
- Polyethylene glycol (Miralax®)
Jet Lag and Motion Sickness
- Melatonin - 6 mg
- Meclizine (Bonine®)
- Ondansetron - 4-8 mg (Zofran®)
- Scopolamine patch (Scospace®)

Malaria Prevention
- Atovaquone - 250 mg/Proguanil - 100 mg (Malarone®)
- Doxycycline - 100 mg
- Chloroquine phosphate - 500 mg or Hydroxychloroquine sulfate - 400 mg

Pain & Fever
- Acetaminophen - 325-500 mg (Tylenol®)
- Ibuprofen - 200 mg (Advil®)

Reproductive & Sexual Health
- Menstrual supplies
- Safer sex supplies (condoms, lube, dental dams)
- Antifungal medications (over-the-counter 7-day yeast infection treatment or prescription fluconazole - 150 mg (Diflucan®))
- Urinary tract infection treatment for patients at risk (Nitrofurantoin – 100 mg (Macrobid®) or sulfamethoxazole - 800 mg (Bactrim DS®))
- Emergency contraception

Skin Conditions
- Mosquito repellent (DEET lotion, picaridin, oil of lemon eucalyptus)
- Antibacterial ointment
- Antifungal cream

Miscellaneous
- Lip balm (>SPF 30)
- Shatterproof mirror
- Sunglasses (UV)
- Sunscreen (>SPF 30)
- Water bottle
- Water disinfection kit (chemical, filtration or UV light)