

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®)

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)

NOTES
