Travel Medical Kit

- **First Aid Supplies**
  - Band-Aids®, gauze wraps, tape, duct tape, steri-strips, ace wrap
  - Mole skin, safety pins, tweezers, scissors, cotton tip applicators, magnifying glass, Swiss Army™ knife in checked baggage
  - Bar of soap or hand sanitizer, disinfectant for cuts/scrapes (Hibiclens®), sealable plastic bags, non-latex gloves
  - Thermometer – especially if going to any malaria area

- **Insect/Animal Protection** – For examples see [www.sawyer.com](http://www.sawyer.com)
  - Insect repellent (Ultrathon®, 30-35% DEET®, picaridin 20%)
  - Permethrin spray (20% or higher)
  - Mosquito netting (pretreated with permethrin) with mesh no larger than 1.5mm

- **Heat/Sun Protection**
  - Sunscreen, use broad spectrum (UVA and UVB protection), SPF>30
  - Water bottle
  - Hat, sunglasses, + extra pair

- **Water Purification**
  - Heating coil and/or filter (Lifesaver Bottle®)
  - Iodine, chemical purifiers (less effective than boiling water for 1 minute)

- **Medications**
  - Personal prescriptions – best if packed in carry-on luggage
  - Adequate supply of medication in individual labeled storage containers
  - Extra packages of oral contraceptives
  - Copy of each prescription
  - Generic names of all medications
  - Epipen 2 Pak - epinephrine auto injector if indicated

- **Travel Prescriptions**
  - Anti-malarial, anti-diarrhea, altitude sickness prevention, motion sickness prevention (patch)

- **Topical Medications**
  - Lubricating eye drops (Refresh®, Systane Eye Lubricant®)
  - Nasal saline or decongestants (4-Way®, Ocean Spray®, Afrin®) for air travel
  - Vaginal yeast medication (Monistat®, Lotrimin®) 3 or 7 day treatment
  - Antifungal ointment/powder (Zeasorb®, Lotrimin®, Desenex®)
  - Hydrocortisone cream 1% (Cortisone Cream® for skin, Anusol HC® for hemorrhoids)
  - Antibiotic ointment (Bacitracin®, Neosporin®)

- **Other OTC Medications**
  - Analgesics/anti-inflammatory/anti-fever meds (ibuprofen Advil®, naproxen Aleve®)
  - Analgesics/anti-fever (acetaminophen Tylenol®)
  - Antacids (Mylanta®, Maalox®, Zantac®)
  - Antihistamines (for allergic reactions Benadryl®, for allergic rhinitis Allegra® or Zyrtec®)
  - Decongestants (Sudafed®)/cough suppressants (Robitussin Extra Strength®)
  - Anti-constipation: (bulk laxative - Fibercon®, Metamucil®, Citruceft®), stool softener Ducolax®, laxative MiraLAX®
  - Anti-diarrheal (Imodium®, Pepto-Bismol®)
  - Oral rehydration packets
  - Vitamins

- **Other Items**
  - Condoms
  - Extra glasses, copy of prescription
  - Contact lenses and case, cleaning/wetting solutions (note: contact lenses may be inappropriate in some environments)
  - Dental floss
  - Feminine hygiene supplies
  - Toilet paper/facial tissues in small packets/toilet seat covers/personal care wipes
  - Flashlight and batteries (LED only)
  - Electrical plug adapter, current converter
  - Hand cleansers in small bottles (Purell®)
  - Addresses/phone numbers of local hospitals and clinics
  - Insurance card with phone numbers including International SOS number if covered
  - First Aid Manual
  - Local US embassy/consulate locations and phone numbers

Note: Brand Names ® are in italics and are suggestions only.

Updated 10/12 Julie Richards, NP