

Travel first aid kit checklist

Planning your next trip - but not sure what to take with you?
I have prepared a checklist for you to help you prepare (list not exhaustive).

Pain and/or fever

- Paracetamol
- Ibuprofen* (additionally for inflammation)
**If a fever caused by dengue fever is suspected, do not take ibuprofen and aspirin. In this case, only take paracetamol.*

Stomach/intestines and nausea

- Medication for diarrhea (charcoal tablets, loperamide)*
**If diarrhea is suspected due to food poisoning or a bacterial cause: charcoal tablets*
- Medication for constipation (macrogol, bisacodyl)
- Electrolyte solution for fluid loss due to diarrhea and vomiting
- Medication for nausea and motion sickness
- Medication for abdominal cramps (scopolamine)
- Medication for flatulence (Simeticon)
- Medication for heartburn (Magaldrat gel, Pantoprazole tablets)

Wounds and abrasions

- Liquid disinfectant
- Wound ointment/cream
- Traction ointment
- Small scissors and tweezers
- Plaster
- Gauze
- Dressing material (gauze bandages, elastic bandages)
- Steri-strips for cuts
- Blister band-aids
- Disposable gloves

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Miscellaneous

- Clinical thermometer!
(important; measure your body temperature in the new environment so that you know your „normal“ body temperature there)
- Eye drops
- Nasal spray
- Sore throat tablets
- Medication for colds and coughs
- Malaria prophylaxis (if necessary)
- (antibiotics)
- Altitude prophylaxis (if necessary)
- Thrombosis prophylaxis
- Water purification tablets
- Magnesium for muscle cramps
- Probiotics (intestinal flora)
- Anti-inflammatory ointment (diclofenac, comfrey)
- Disinfectant and disinfectant wipes
- Deworming medication (mebendazole)
- Personal medication

Insect and tick repellent

- Insect/tick repellent
- Medication to treat insect bites and/or allergic reactions
(anti-allergic, emergency kit in case of severe reaction)
- Gel/roll-on for insect bites

Sun protection

- Sunscreen (incl. lips)
- Après-soleil and moisturizing cream