

MEDICAL KIT & CHECKLIST

- Take Medical Kit** - see below
- ? Recent Dental Check**
- Spare pair of Glasses & lens prescription**
- Travel insurance** - Travel insurance should cover not only medical & hospital expenses but also costs due to general accidents, medical evacuation, loss of luggage & money, as well as delays due to strikes.
- Pack suitable Clothing & Shoewear** - Loose cotton clothing and talcum powder will reduce heat rash. Avoid Bare Feet when outside. Skin penetrating parasites abound in the wet soil of Africa, south-east Asia and western pacific countries
- Contingency plan for extra money**

Medical Kit

- Analgesic:** Panadol
- Antihistamines** - tablets and or cream
- Antiseptic** (Betadine) - can also be used for water disinfection
- Antifungal** (tinea and thrush)
- Antinauseants** - metoclopramide or stemetil (script required), use antihistamine in children (eg phenergan)
- Broad Spectrum Antibiotic** - doxycycline (over 8 years), amoxicillin chewable tabs
- Condoms** - overseas condoms **often** unreliable
- Dressings:** bandaids, bandages, steristrips & sterile dressings for minor lacerations & burns
- Eczema** - & cortisone cream
- Eye drops** - emollient for dry eyes & or allergy eye drops
- Insect bites & eczema** - antihistamine, cortisone cream & talcum powder
- Insect Repellent (DEET)** - Rid, Aerogard tropical, Bushman's Gel, Mosiguards (Wrist and Ankle bands.)
- Insecticide** - knock down spray and/or [permethrin](#) (especially backpackers and safari tours)
- Sleeping tablet** - temazepam, zolpidem (stilnox) - script required
- Other** - Sunscreen, sunburn cream

Diarrhoea Kit:

- antibiotic** - Norfloxacin or Ciprofloxacin, Azithromycin* (for children & in pregnancy)
* page 29 WHO year book 2002 - www.who.int/ith/chapter03_03.html
- antiparasite** - Tinidazole (long stay or remote travel - script required)
- stopper** - loperamide
- rehydrating solution** - gastrolyte (essential if taking children)

Longer Stay & Trekkers - Syringes, Needles & gloves, Dental amalgam kit, Skin suture kit, Water purifier, permethrin impregnated mosquito net, groundsheet and clothing.

See also - Dept Foreign Affairs [checklist copy](http://www.dfat.gov.au/consular/hints/checklist.html) - www.dfat.gov.au/consular/hints/checklist.html
& Predeparture [Questionnaire](http://www.who.int/ith/chapter01_04.html) copy - www.who.int/ith/chapter01_04.html

NB. Remember to pack Information sheets - **self treatment** of illness

This leaflet cannot be completely comprehensive and is intended as a guide only The information may change in the future. Visit relevant website for updates. If you have further questions you should raise them with your own doctor.

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