

A medical kit should be carried for all destinations where there may be significant health risks, particularly those countries where the local availability of specific medications is not certain.

➤ This kit will include basic medicines to treat common ailments, first-aid articles and any other special medical items, such as syringes and needles that may be needed by the individual traveller.

- Toilet items should also be carried in sufficient quantity for the entire visit unless their availability at the travel destination is assured. These will include items for dental care, eye care including contact lenses, skin care and personal hygiene. In some countries supplies of feminine hygiene products, nappies and contraceptives, including condoms, can be unreliable or unavailable, so it may be best to stock up before you leave.
- Contents of a basic medical kit First-aid items:
 - » adhesive tape
 - » Latex Gloves
 - » antiseptic wound cleanser
 - » bandages
 - » emollient eye drops
 - » insect repellent
 - » insect bite treatment
 - » nasal decongestant
 - » oral rehydration salts
 - » scissors and safety pins
 - » simple analgesic (e.g. paracetamol)
 - » sterile dressing
 - » clinical thermometer
 - » 30+ sunscreen
 - » headache tablets
 - » antacids
- Additional items according to destination and individual needs:
 - » antidiarrhoeal medication
 - » antifungal powder
 - » antimalarial medication
 - » condoms
 - » medication for any pre-existing medical condition
 - » sedatives
 - » sterile syringes and needles
 - » water disinfectant
 - » other items to meet foreseeable needs, according to the destination and duration of the visit.

➤ Medications

- If you take medication on a regular basis, be sure to ask your doctor to prescribe an amount adequate for your visit and pack an extra supply in case you are away for longer than expected.
- Before leaving home, you should check that your medications are legal in the countries you are visiting and/or transiting. Carrying a duplicate of your original prescription is recommended, especially when travelling to a country that is particularly sensitive about drugs. It is also advisable to bring a letter from your doctor outlining your medical condition and the type of medication you require.
- Carry an extra prescription that lists both the generic and trade names of the drug, in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses; having the prescription makes it easier to replace them. Keep all medication in its original packaging when travelling.

1 Sources: CDC, WTO/International Travel and Health