

Suggested travel kit

This is a guide for a travel kit while overseas. It will vary depending on where and when you are travelling. Most items can be bought from a pharmacy or supermarket. Those with an asterisk (*) beside them need to be prescribed by your doctor.

Flight care

DVT protection flight socks

Regular medication

* Enough for while travelling

Prevention and personal protection

Alcohol hand wash

Water treatment tablets

Disposable gloves

Sunscreen

Insect repellent (containing DEET)

Condoms

Dressings

Plasters of various sizes

Waterproof dressing

Steristrips

Antiseptic cream

Non-stick dressing pads

Tape

Crepe bandages and safety pins

Pain relief

Paracetamol tablets- 500mg

Ibuprofen tablets 200mg or Diclofenac 25mg

Anti-nausea

* Stemetil

Sealegs

Travellers' Diarrhoea

Oral rehydration sachets

Anti-motility medication (loperamide 2mg)

*Antibiotic-Azithromycin for campylobacter

Constipation

Phloe or Metamucil

Ear/Nose/Throat Ailments

Decongestant tablets

Antihistamine tablets

Malaria prophylaxis

*As deemed by the GP

Specific activities

*Altitude Acetazolamide 250mg

