TRAVEL MEDICAL KIT

* Homemade or commercial/individualised from Travel Medicine Centre
* Any drugs given must be accompanied by clear written instructions
* Ample supply of regular medications split between bags
* Carry list of generic names for regular meds, spare scripts, complete health summary and contact details for regular GP/specialists if needed (+/- copy ECG)
* Must be PRIVATE not PBS scripts for antibiotics
* If carrying needles inform security (bring sharps container)
* All travellers
  + Items to treat cuts, scratches, burns, strains, splinters
  + Paracetamol/ ibuprofen – consider something stronger if remote destination
  + Insect repellent – min 20-40% DEET
  + Sunscreen
  + Alcohol gel
  + Consider condoms
* Additional for developed countries
  + Antiemetic
  + Antacid
  + Antihistamine
  + Laxative
  + Consider broad spectrum antibiotics for RTI if chronic lung disease/asthma
* Additional for less developed countries
  + Oral rehydration solution
  + Loperamide
  + Tinidazole
  + Norfloxacin (or azithromycin for kids)
  + Mosquito net + permethrin for clothes/nets
  + Water purification tablets
* Additional for comprehensive kit
  + Sterile needles and syringes
  + Alcohol swabs
  + Antifungal or antibiotic cream
  + Compression socks/ stockings
  + Aspirin
  + Consider Acetazolamide for altitude >3000m
  + For medics – own suture set, cannulas