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