

# TRAVELLER'S FIRST AID CHECKLIST

- Plasters/band aids
- Thermometer
- Tweezers, nail scissors
- Cotton wool
- Mosquito repellent
- Antiseptic wipes /lotion
- Cold and flu tablets
- Cough and sore throat
- Painkillers
- Antihistamines
- Rehydration sachets
- Anti-diarrhoea tablets
- Anti-spasmodic tablets
- Anti-nausea tablets
- Water purification tabs
- Anti-malaria tablets
- Vitamins
- Blister plasters
- Iodine spray
- Eye drops
- Motion sickness tablets
- After sun lotion

## Keep in mind...

Make sure you check whether any of your prescription medicine (or OTC medicines like codeine) are allowed at your destination. If not, get a doctor's letter and keep it handy when entering!