

TRAVEL MEDICINE KIT

It is desirable for travellers to the tropics to take with them a minimum supply of medicines and other healthcare remedies on their travels. Brief, clear written instructions for use must be enclosed with each of these medicines. The contents and volume of the travel medical kit also depend on the mode, conditions and duration of travel, and whether or not children are travelling with adults. Each patient with a chronic disease must moreover be provided by a doctor with an adequate supply of maintenance medications, as well as the necessary medicines for any potentially emergencies. These should be accompanied by a brief English or French text on the disease itself. Essential medicines (and contraceptives) are best taken together in the hand baggage so that they are always readily available and less likely to be lost or stolen.

A few suggestions:	MEDICINE	USE
<ul style="list-style-type: none"> ▪ A few bandages and adhesive plasters, compresses, cotton wool, small pair of scissors, safety pins. 		
<ul style="list-style-type: none"> ▪ Disinfectants for wounds (no mercurochromium, no alcohol, better povidone-iodine (Iso-betadine)). 		
<ul style="list-style-type: none"> ▪ A clinical thermometer (note: do not expose this to temperatures above 45°C!) – not a mercury thermometer 		
<ul style="list-style-type: none"> ▪ A sunburn oil /cream with a high protection factor and an ointment for treatment of any actual sunburn 		
<ul style="list-style-type: none"> ▪ An insect repellent containing DEET ▪ an ointment for alleviating the effect of insect bites and stings 		
<ul style="list-style-type: none"> ▪ A few ordinary medicines: analgesics, anti-fever agents 		
<ul style="list-style-type: none"> ▪ An anti-motion sickness agent, to be taken just before departure 		
<ul style="list-style-type: none"> ▪ Sachets of a salt-sugar mixture for preparing drinkable mixtures for rehydration in case of diarrhoea (available on the market, e.g. O.R.S.) 		
<ul style="list-style-type: none"> ▪ Diarrhoea-alleviating agent (transit inhibitor) e.g. loperamide 		
<ul style="list-style-type: none"> ▪ A specific antibiotic for severe diarrhoea (dysentery) e.g. ofloxacin 		

Possibly:	MEDICINE	USE
<ul style="list-style-type: none"> ▪ An adequate supply of the medication that you regularly take (e.g. contraceptives, insulin, anti-angina agents, anti-asthma agents), condoms 		
<ul style="list-style-type: none"> ▪ Antimalaria tablets – prophylaxis ▪ Occasionally: malaria emergency treatment 		
<ul style="list-style-type: none"> ▪ A treatment for giardiasis / amoebic dysentery (prolonged adventure travel) 		
<ul style="list-style-type: none"> ▪ Tablets / drops for alleviating nasal mucosa swelling / congestion, as treatment of "air deafness" and sinus pain 		
<ul style="list-style-type: none"> ▪ Antihistamine (anti-allergy medication) 		
<ul style="list-style-type: none"> ▪ Antacid (anti-stomach acid remedy) ▪ Antiemetic against nausea and vomiting ▪ Anti-intestinal cramp agent ▪ A laxative 		
<ul style="list-style-type: none"> ▪ Soothing eye drops and / or disinfectant eye ointment; adequate supply of contact lens products 		
<ul style="list-style-type: none"> ▪ Mild sleeping tablets 		
<ul style="list-style-type: none"> ▪ A disinfectant (tablets or drops) for drinking-water 		
<ul style="list-style-type: none"> ▪ An antifungal agent: cream and / or powder 		
<ul style="list-style-type: none"> ▪ Exceptionally: intramuscular-intravenous-subcutaneous injection needles and a few 2.5 and 10 cc syringes; these should, in order to avoid problems at border crossings, be accompanied by a brief medical certificate showing that they are not intended for intravenous drug abuse. 		
<p>Please consult your doctor or pharmacist before selecting the products to take with you.</p>		