

TRAVELLERS' PHARMACY

When traveling to the tropics it is wise to take along some medicines and/or other medical items. Each of these medicines should be accompanied by a **short written direction for use** (especially for the antimalaria medicines, the antibiotics, O.R.S., etc.). The contents and volume of the travellers' pharmacy largely depend on the type of journey, the duration and whether they're accompanied by children. The doctor should furthermore prescribe a sufficient stock of medication for every patient with a chronic disorder as well as the necessary medications for possible emergencies concerning the patients' disease. The medication should be accompanied by a short informative text (in English or in French) about the disorder. Essential medicines (also contraceptives) should be carried in the hand-luggage in order to always have them at hand in case of theft or loss of luggage.

Some suggestions:	MEDICINE	APPLICATION
<input type="checkbox"/> some bandages or sticking plasters, compresses, cotton wool, talcum powder, pair of scissors, safety pins, pair of tick tweezers and splinterpincet		
<input type="checkbox"/> disinfectants for wounds (no mercurochrome, no alcohol)		
<input type="checkbox"/> a medical thermometer (attention: does not withstand a temperature higher than 45°C!) – no mercury thermometer		
<input type="checkbox"/> a sunscreen lotion with a high protection degree and a sunburn ointment		
<input type="checkbox"/> an "insect repellent"		
<input type="checkbox"/> an ointment to soothen the itching and pain from insect bites		
<input type="checkbox"/> analgetics, antipyretics		
<input type="checkbox"/> a medicine against travel sickness, to be taken before the trip		
<input type="checkbox"/> a salt-sugar rehydration formula to prepare a drinkable mixture against dehydration in case of diarrhoea (for sale, ex. O.R.S.)		
<input type="checkbox"/> a medicine against diarrhoea		
<input type="checkbox"/> specific antibiotics against severe diarrhoea (dysentery)		

If necessary:	MEDICINE	APPLICATION
<input type="checkbox"/> a sufficient stock of regular medicines (f.ex. contraceptives, insulin, sedatives, medication against asthma), condoms		
<input type="checkbox"/> malaria tablets - prevention <input type="checkbox"/> in some cases: malaria emergency treatment/malariatablets on demand		
<input type="checkbox"/> a treatment for Giardiase / Amoeba-dysentery (prolonged adventurous journey)		
<input type="checkbox"/> tablets / drops to free the nasal membrane, as treatment of "airplane deafness" and sinus pain		
<input type="checkbox"/> anti histaminicum (against allergy)		
<input type="checkbox"/> antacidum (against acidity of the stomach) <input type="checkbox"/> a medicine against vomiting <input type="checkbox"/> a medicine against stomach cramps <input type="checkbox"/> a laxative		
<input type="checkbox"/> soothing eyedrops and/or disinfectant eye cream; sufficient stock of contact lens products		
<input type="checkbox"/> a light short-term sleeping pill		
<input type="checkbox"/> a disinfectant (tablets or drops) for drinking water		
<input type="checkbox"/> a product against fungi: cream and/or powder		
<input type="checkbox"/> a medicine against high altitude sickness		
<input type="checkbox"/> exceptionally: hypodermic needles IM-IV-SC and some syringes of 2,5 and 10cc; they should be accompanied by a short, medical certificate that proves that they are not meant for intravenous drug abuse. This in order to avoid problems at the border.		
<i>Obtain advice from your doctor or pharmacist concerning the products to take along.</i>		