



TRIP KIT CHECKLIST

In many countries, first aid supplies and familiar household items are scarce. You may be depleting the country's sparse resources or paying a very high price. Before traveling, select those which you will need, and check them off after they are packed.

BRING	ITEMS	PACKED
	adhesive bandages or gauze with tape	
	alcohol swabs for disinfection, in individual packets	
	** soap, hand wipes or alcohol-based gel	
	antibiotic (prescribed by your doctor for severe diarrhea or infections)	
	antifungal ointment or powder	
	** antihistamine for allergic reactions (Benedryl or Reactin)	
	antimalarial medications	
	antinausea medication (Gravol)	
	bandage roll (ace wrap) for sprains and strains	
	birth control/condoms	
	** bismuth subsalicylate (Pepto-Bismol)	
	candles and matches (in checked luggage only)	
	** cough syrup or lozenges	
	** disinfectant for cuts and scrapes	
	ear plugs, hearing aids, camera (include batteries)	
	electrical plug adapter, current converter	
	facial tissue in small packets	
	flashlight and batteries	
	hydrocortisone cream (for itching bites and skin irritation)	
	Imodium (antimotility medications) Use Sparingly	
	** insect repellent with DEET	
	** insecticide with permethrin for clothing and netting	
	laxative/stool softener	
	mosquito netting	
	pain relievers: acetaminophen (for pain) ibuprofen (for pain + inflammation)	
	prescription medications (labeled in original bottles)	
	scissors (in checked luggage only)	
	soap and shaving supplies	
	** spare glasses, sunglasses, contact lenses, cleaning/wetting solutions	
	** sunscreen, at least 30 SPF (Sun Protection Factor)	
	tampons/sanitary napkins	
	thermometer	
	tweezers	
	** water purification system (Pristine)	

** if in liquid form, this should be placed in checked luggage to comply with security regulations

NOTE: Take all medications in original containers with prescription information attached.

...over

Long-Term Travel: **over one month in underdeveloped country**
 over one year in developed country

- Take prescription medication for the duration of your trip or establish a connection with a reputable doctor in the country you are visiting.
- Review the need to take a treatment dose for potential medical problems prior to departure (antibiotics, malarial treatments etc.).
- A syringe kit may be advisable when going to countries with unreliable medical supplies. If taken, you require a letter from your doctor and must carry in checked luggage.

Medical History Form

Name: _____ **Address:** _____

Health Care Provider(s): _____ # _____

_____ # _____

Blood Type/RH Factor: _____

Allergies: _____

Family Physician:

NAME: _____ # _____

Chronic Conditions: _____

Recent Medical Condition: _____

Prescriptions: glasses, contact lenses, medications (include names and dosages)

In an emergency notify: _____ # _____

Address: _____

Renfrew County and District Health Unit
Health Info Line
7 International Drive
Pembroke, Ontario K8A 6W5
613-735-8666 or 1-800-267-1097, Ext. 666.

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