



TRAVEL



First-Aid Essentials

QUICK CHECKLIST

Pain Relief & Fever

- ☐ Paracetamol
- ☐ Ibuprofen
- ☐ Medicine syringe / spoon
- ☐ Thermometer
- ☐ Cooling packs (instant activate)
- ☐ Throat lozenges / spray
- ☐ Ear planes if flying

Wounds

- ☐ Waterproof plasters (assorted)
- ☐ Wound adhesive strips
- ☐ Large adhesive dressings (10x12cm)
- ☐ Micropore / adhesive tape
- ☐ Blister plasters

Hygiene

- ☐ Antibacterial wipes / gel
- ☐ Disposable gloves

Contact Numbers

- ☐ Next of Kin
- ☐ Embassy / Consulate
- ☐ Travel insurance

Skin, Sun and Bites

- ☐ DEET based repellent
- ☐ After-Bite Stick
- ☐ Hydrocortisone cream 1%
- ☐ Aloe vera gel
- ☐ Antifungal cream
- ☐ SPF minimum 30+ with UVA 4-5*

Stomach & Bowels

- ☐ Oral rehydration salts (ORS)
- ☐ Heartburn remedy
- ☐ Constipation treatment
- ☐ Travel sickness medication
- ☐ Travel bands for sickness
- ☐ Ginger sweets
- ☐ Disposable, sealable sick bags

Allergy

- ☐ Non-drowsy tablets
- ☐ Liquid antihistamine (children)

Medication

- ☐ Small pill organiser
- ☐ Medication summary

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First-Aid Specialist Add-Ons

QUICK CHECKLIST

Severe allergy

- ☐ 2x Adrenaline autoinjectors (in date)
- ☐ Written action plan & Medical ID

Insulin-treated diabetes

- ☐ Insulin (spares, split between bags)
- ☐ Pens / pumps / sets
- ☐ Glucose meter, CGM
- ☐ Testing strips
- ☐ Ketone strips & sick-day rules
- ☐ Travel sharps container
- ☐ Hypo treatments
- ☐ Cooling wallet
- ☐ Spare batteries /charger

Asthma

- ☐ Reliever Inhaler (in date)
- ☐ Preventer inhaler
- ☐ Spacer device
- ☐ Asthma action plan

Epilepsy

- ☐ Prescription medication
- ☐ Rescue meds if prescribed
- ☐ Seizure plan and Medical ID

Controlled Drugs

- ☐ Check destination embassy rules
- ☐ <https://travelhealthpro.org.uk/factsheet/43/medicines-and-travel>

Additional Items

- ☐
- ☐
- ☐
- ☐