



Contents of a Basic Medical Kit



First aid Items

Adhesive tape, antiseptic wound cleanser, bandages, amoullient eye drops, insect repellent, intest bite treatment, nasal decongestant, oral rehydration salts, scissors and safety pins, simple analgaesia (e.g. paracetamol), sterile dressing, clinical Thermometer

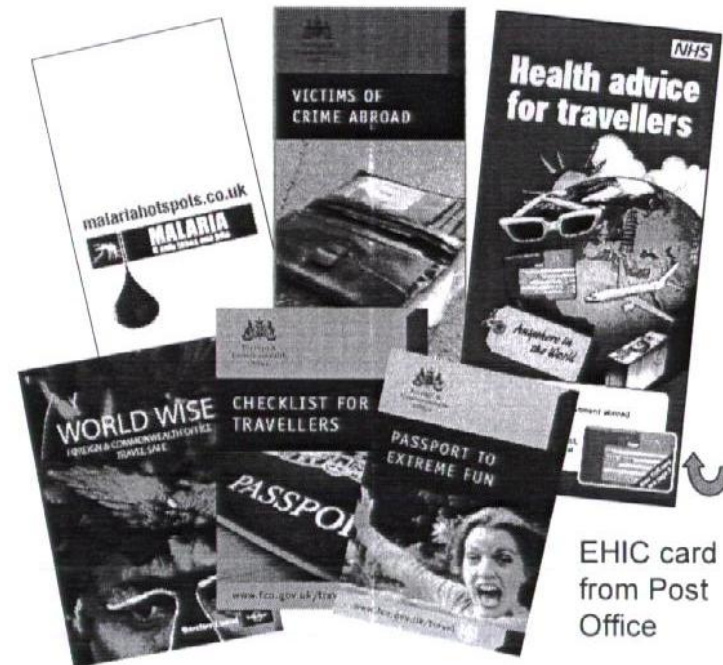
Additional items according to destination and individual needs

Antidiarrhoeal medication, antifungal powder, antimalarial medication, condoms, medication for pre existing medical conditions, sterile syringes and needles, water disinfectant, other items to meet foreseeable needs, according to the destination and duration of the visit.

Adapted from International travel and Health, World Health Organisation, 2007. www.who.int/ith

Further information

There are a variety of excellent leaflets and information sheets which can be obtained from the following websites etc.



www.ehicard.org
www.fco.gov.uk
www.fitfortravel.nhs.uk
www.malariahotspots.co.uk
www.nathnac.org