



Westport Weston
Health District

MEDICAL REFERENCE GUIDE
Traveler Education
Revised May 12, 2014

Trip Kit Checklist

The following list will help you keep track of the items you need to bring on your trip. 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 or Betadine in individual packets | |
| | Antibacterial soap, hand wipes or waterless gel | |
| | Antibiotic ointment | |
| | Antifungal ointment or powder | |
| | Antihistamine (e.g., Benadryl™, ChlorTrimeton) for allergic reactions | |
| | Antimotility medication (e.g., Imodium™, Lomotil) | |
| | Bandage rolls (e.g., Ace™ wraps) for sprains and strains | |
| | Batteries | |
| | Birth control/condoms | |
| | Bismuth Subsalicylate (e.g., Pepto-Bismol) for intestinal distress | |
| | Candle and matches | |
| | Cough syrup or lozenges | |
| | Decongestant (i.e., Pseudoephedrine) | |
| | Disinfectant for cuts and scrapes | |
| | Electrical plug adapter, current converter | |
| | Facial tissue in small packets | |
| | Flashlight and batteries | |
| | Hydrocortisone cream (topical cream for itching, bites and skin irritation) | |
| | Insect repellent with 30-50% DEET | |
| | Insecticide with permethrin for clothing, netting and other fabrics | |
| | Laxative/stool softener | |
| | Mosquito netting | |
| | Oral rehydration solution (ORS) for diarrhea, dehydration | |
| | Pain relievers (e.g., acetaminophen, aspirin, ibuprofen) | |
| | Plastic bags | |
| | Prescription medications (labeled, in original bottles) | |
| | Spare glasses, sunglasses, contact lenses, cleaning/wetting solutions | |
| | Sunscreen, at least spf 40 | |
| | Tampons/sanitary napkins | |
| | Thermometer | |
| | Toilet paper | |
| | Tweezers | |
| | Vitamins | |
| | Heating coil, chemical purifiers and/or filter for water purification | |