



TRAVELLER'S MEDICAL CHECKLIST	
✓	Travel Documentation
	Immunisation Record
	Doctors letter detailing current medications, chronic conditions, doctors contact details
	Medical Bracelet or similar device containing details for potential emergency issues
	**Medication for pre-existing medical condition
✓	First Aid Items & Illness Care
	Scissors, tweezers
	Antiseptic wound cleaner
	Nasal Decongestant
	Ear plugs
	Eye pad
	Gloves
	Dressings or bandaids, bandages
	Tape
	Antiseptic cream or antiseptic solution
	Anti fungal powder
	Diarrhoea kit
	Oral rehydration (especially for children)
	Thermometer
	Paracetamol, aspirin, nurofen
	Malaria emergency self treatment (depending on destination)
	Antihistamine or other anti-allergy medication
	Steroid cream
✓	Preventative Care
	DEET – containing an insect repellent & Bite treatment
	Permethrin to impregnate bed nets and Clothing
	Ant malarial drug (prophylaxis) (depending on destination)
	Sunscreen 30+,50+, Zinc, lip balm
	Condoms
	Immersion heater, filter and/or iodine solutions to disinfect drinking water
	Decongestant (for air travel with hay fever or cold)
	Spare pair of glasses, contact lenses and solutions
	Blood glucose monitor, finger prick device and testing strips
	Asthma action plan with peak flow meter
✓	Your Reminders