



## CHECKLIST

### Diarrhoea and food related issues

- Imodium (*loperamide*) (5-6 tablets)
- Oral rehydration salts (O.R.S.) (5-6 pieces)
- Motilium (*Domperidone*) (3-5 tablets)
- Anti-acids
- Toilet paper (roll or sheets in freezer bag)

### General good-for-everything-essentials

- Paracetamol (5-6 tablets)
- Buscopan (5-6 tablets)
- Disinfectant/antiseptic
- Compresses (2-3)
- Adhesive plaster (2-3, fingers)
- Elastic therapeutic tape (KT tape)
- Warming ointment/diclofenac
- Burn ointment
- Antibiotic (general)
- Fever thermometer

### Depending on your destination

- Diamox (altitude sickness)
- Malaria prophylaxis
- Mosquito repellent (deet)
- Water purifying tablets