

Medical Checklist



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| ☐ Oral Rehydration Solutions (e.g. Hydralyte) | ☐ Adhesive strips to close small wounds |
| ☐ Adhesive tape and bandages | ☐ Nasal saline |
| ☐ Antiseptic wound cleanser | ☐ Scissors and safety pins |
| ☐ Emollient (lubricant) eye drops | ☐ Simple analgesic |
| ☐ Insect repellent and bite treatment | ☐ Sterile dressing |
| ☐ Antihistamines cream or tablet | ☐ Clinical thermometer |
| | ☐ Sunscreen |
| | ☐ Ear plugs |
| | ☐ Tweezer |

Additional depending on destination and individual needs:

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| ☐ Anti-diarrhoeal medication | ☐ Anti-malarial medication |
| ☐ Broad spectrum antibiotics | ☐ Bed net |
| ☐ Anti-fungal powder | ☐ Anti-bacterial ointment |
| Medication for pre-existing medical conditions | |



Choose **Hydralyte**
for rapid rehydration when travelling.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.