

APPENDIX E
TRAVELLERS' FIRST AID/MEDICAL KIT

The following items can easily be compacted in a tote bag or carrying case and will cover most minor ailments:

- ☐ Thermometer
- ☐ Scissors
- ☐ Tweezers
- ☐ Sterile Gauze
- ☐ Adhesive Tape
- ☐ Band-aids
- ☐ Aspirin or Tylenol
- ☐ Ointment for Cuts, Burns and Abrasions
- ☐ Laxative
- ☐ Antacid Tablets
- ☐ Kaopectate or Lomatil
- ☐ Motion Sickness pills
- ☐ Cotton
- ☐ Mercururochrome or Iodine
- ☐ Calamine Lotion
- ☐ Insect Repellent
- ☐ Water Purification Tablets
- ☐ Salt Tablets
- ☐ Any prescriptions or remedies advised by your doctor