

## „Travel medication“ checklist

- Diarrhoea medication
- Regular medication (for ongoing conditions, the pill, etc.)
- Stomach ache medication
- Antibiotics
- Eye drops for conjunctivitis
- Nose drops / spray
- Insect spray / stick
- Travel sickness tablets
- Plasters in various sizes
- Elastic dressings
- Fever thermometer
- Tweezers
- Nail scissors
- Sun cream (high protection factor)
- After sun
- Burns ointment
- Throat sweets
- Cough medicine (cough mixture)
- If applicable, sanitary towels/tampons
- Fever medication
- Ointment for sprains and bruises
- Disinfectant
- Safety pin
- Spare glasses for glasses wearers
- Lip balm
- Nausea medication
- Rash medication
- Allergy medication
- Cold sore cream
- Disposable gloves
- Ointment for cuts and grazes
- Pain relief