

CROSS CULTURAL HEALTH PROGRAM



The Traveling First Aid Kit

The chances are pretty good that you will not need all of the following items while traveling. However, you may want to think about where you will be going, and how accessible first aid supplies will be in each locale. Review the list, think about what problems you could conceivably encounter, and pack the appropriate supplies.

Health Need/Problem	Suggested Items
Athlete's Foot	Antifungal powder or cream
Blisters (on feet)	Moleskin to protect areas of friction with shoes
Body temperature evaluation	Oral thermometer
Constipation	Laxative and/or stool softener
Cough	Throat lozenges, cough syrup
Cuts and scrapes	Antibiotic ointment (topical), Band-Aids, sterile 4x4 gauze pads, adhesive tape roll
Diarrhea, indigestion	Bismuth subsalicylate (Pepto-Bismol) or loperamide (Imodium capsules)
Ear wax	Wax softening drops (Debrox)
Eye care	Artificial tears/eyedrops, sunglasses, contact lens solutions, spare pair of eyeglasses or contact lenses
Fever	Acetaminophen or ibuprofen
First aid, general supplies	Tweezers, scissors, pocket knife, needle and thread, safety pins, matches, flashlight, waterproof case or box to contain medical and first aid supplies
Fluid and electrolyte replacement	Powdered electrolyte mix (Pedialyte, Exceed, IAMAT Oral Rehydration Salts)
Headache, minor aches and pains	Acetaminophen, ibuprofen
Insect repellent, personal	Insect repellent lotion containing DEET, Ultrathon Insect Repellent*
Insecticide for spray application to clothing, mosquito nets	Insecticide containing Permethrin**
Itching skin from allergy, insect bites, or minor skin irritation	1% hydrocortisone cream (topical) and antihistamine tablets or capsules (Chlor-Trimeton, Benadryl, etc.)
Sunburn, contact dermatitis, etc.)	
Motion sickness	Antihistamine tablets (Dramamine, Bonine, etc.)
Nasal congestion due to colds, allergies, or water sports	Pseudoephedrine and/or antihistamine (Over-the-counter preparations)
Personal hygiene, general	Toilet paper, paper tissues, and/or premoistened towelettes, sanitary supplies for women, birth control devices, etc.

Skin disinfection, cleansing of minor cuts and scrapes

Povidone-iodine solution (Betadine) or chlorhexidine solution (Hibiclens)

TD/Pregnancy Risk Reduction

Condoms, spermicide, rubber dams

Strains, sprains

Elastic bandage roll (Ace Wrap)

Sun protection

Products (lotion, lip balm) with sunscreen protection factor (SPF) of 15 or greater, sunglasses

Toothache

Dental emergency kit, oil of cloves, dental floss

Water purification

Water purification tablets, crystals and/or filters

For more information contact University Health Services Allergy and Immunization Clinic at 863-9882.

To make an appointment with a clinician at University Health Services:

General Medicine

863-0774

Women's Health

863-2663

• Ultrathon Insect Repellent — long-lasting, prevents absorption into skin and makes repellent moisture-proof up to 12 hours. Also repels ticks, biting flies, chiggers, fleas and gnats. Available at pharmacies and sporting good stores.

** Permethrin — use permethrin on outer clothing

Other Items

Alcohol Pads

Antacids

Antibacterial Ointment

Band-aids/sterile 4x4 gauze pads, roll of adhesive tape

Disinfectant for wounds - povidone-iodine solution (Betadine) or chlorhexidine solution (Hibiclens)

Flashlight

Matches

Safety Pins

Scissors

Tweezers

Thermometer

Vitamins

Water Purification Tablets

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Student Affairs

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