



CHECKLIST

Travel Pharmacy



BEFORE THE TRIP

Does that cream smell? Then throw it away! Did those headache tablets pass their expiry date a long time ago? Then you'd better replace them with new ones. You should go through and check the quality of everything in your first aid kit before setting off. You do want to have the best treatment whenever you need it, after all.

Depending on the destination, vaccinations are very useful. It is best to ask your family doctor about this. If necessary, he can also refer you to the appropriate authorities, such as the Tropical Institute. If you would like to stock up your first-aid kit with naturopathic products, a naturopath or pharmacist will be able to help you.

IMPORTANT

Please do not experiment! In case of emergency, do not waste time and consult a doctor or hospital immediately.

GENERAL TRAVEL PHARMACY

- Medication that you take regularly
- Dressing material (sticking plaster, emergency bandage, bandage pack, burn dressing, gauze bandages, cellulose gauze compresses, triangular bandages, bandage scissors, safety pins)
- First aid instructions
- White chalk
- Rescue blanket
- Remedy against pain and medicine to relieve fevers and colds

GENERAL TRAVEL PHARMACY

- Medicine to relieve stomach cramps and diarrhoea
- Antibiotics
- Travel sickness remedies
- Insectscreen
- Sunscreen
- After-sun cream and sunburn relief
- Anti-inflammatory and antiseptic creams
- Anti-allergy medication
- Tweezers and thermometer

FIRST AID KIT FOR PETS

- Sedatives
- Wound spray and disinfectant
- Anti-diarrhoea medication
- Antibiotics
- Ear and eye drops
- Flea and tick collar
- Dressing materials