

# TRAVEL KIT CHECKLIST



## TRAVEL DOCUMENTS

- Passport - Valid for at least 6 months from your travel date
- Visa - Valid visa for the country you are visiting
- Health Insurance Card
- Travel insurance, Vaccinations and medical prescriptions
- Medical History Notes if required
- Make copies of important documents
- Save emergency numbers, e.g. Embassy, Bank Card Issuer or Travel Insurance



## HERE WE GO AGAIN ESSENTIAL KIT

- Pain relief medicine (we always pick Nurofen as it is anti-inflammatory)
- Cough medicine, Sore Throat Medicine (Tantrum Verde Spray)
- Antiseptic wipes and few plasters
- Insect repellent
- Sting relief solution
- Diarrhoea medicine and electrolyte replacement tablets
- Digital Thermometer
- Hand Sanitizer
- Sun cream (30-50 SPF)



## EXTRA KIT IF WE ARE IN MORE RURAL AREAS

- First Aid Kit
- Antihistamine tablets for bites, stings or allergies
- Motion sickness tablets
- Water purifying tablets
- Mosquito-proof bed net

