

FIRST AID: your Travel checklist



With a little planning and careful packing, you and your family or travel companions can have a safe and healthy holiday.

Here is a checklist of products that you should consider taking with you when you travel. Ask your Unichem Pharmacist for advice on selecting the right medications for you.

- Paracetamol – take a brand you are familiar with
- Diarrhoea tablets
- Electrolyte replacement – to rehydrate your body when fluid replacement is needed
- Allergy medication – to relieve unexpected reactions to pollens and allergens in a new environment
- An antiseptic ointment
- Bandages for cuts and blisters, e.g. Elastoplast First Aid plasters
- Antacids – to help relieve pain and discomfort from different foods
- Insect repellent e.g. Repel
- Sunscreen with SPF 15 or SPF 30
- Motion sickness remedies if you are planning to go on a boat or small plane
- Multi vitamins – supplements can replenish the nutrients that may be missing from your holiday meals
- A remedy to help relieve the effects of jet lag
- Any medications you use on a daily basis – they may prove hard to find when you need them. (Take an extra couple of days' supply in case of unexpected travel delays).

FURTHER RECOMMENDATIONS FOR TRAVELLING:





Some extra things to think about when travelling overseas

- Find out what kinds of vaccinations you will need in advance if you are travelling overseas. You should contact your doctor or Unichem Pharmacist for a list of necessary vaccinations.
- It is a good idea to always carry written copies of your medical history with you.
- If you are taking prescription medicines, make sure all medicines including multiple packs are labelled with prescription labels. You can also ask your doctor for a letter to support the fact that you need to carry your medicines.
- **Be careful with food and refreshments** – you will want to sample the exciting, local dishes but traveller's diarrhoea is one of the most common health problems people encounter while on holiday. Here are some tips:
 - If the drinking water is questionable, buy bottled – even for brushing your teeth.
 - Avoid eating raw or undercooked meats and seafood
 - Choose clean and well-attended restaurants
 - Any foods that have been boiled are generally safe to eat, as well as fruits and vegetables that have to be peeled before eating
 - Stay away from foods that require a lot of handling before serving
- **Stay hydrated.** Dehydration can easily go unnoticed so carry a water bottle with you and take frequent sips
- **Focus on your health and fitness prior to departure.** Strengthen your immune system by getting plenty of rest, eating right and taking an immune supplement, such as Thompson's Immunofort.