Do you have any questions?
please email:
worldoftravelswithkids@gmail.com

Example Medical Kit Checklist			
	Brand name	**Used**	**Notes**
An electronic ear thermometer			Always take this, even overnight
Pain relief			Tablets
			Bottle
Antihistamine			For bites, stings, allergies. Can be used for kids or adults
Cold and flu tablets			Tablets
			Bottle
Children's Vapor Rub			
Throat Lozenges			
Cough Medicine			
For Wounds or Bites			
For grazes or infections			
For infected splinters etc			
Gel for Burns			
Rash cream			
Aches & pains			
Medical adhesive tape			Also useful for sticking things together.
Bandaids			Have Dora kids ones
Blister patches			Much better for serious blisters than bandaid (expensive)
Bandages			Just one…
Tweezers			
Little Scissors			
Water Sterilisation			
Diarrhoea medicine			
Laxative (for constipation)			Work for kids and adults
Anti vomiting tablets			
Antacid			
Antifungal cream			
Electrolyte replacement			
Hand Santiser			
Insect Repellent			
sunscreen			
Sting relief solution			