

General travel advice - Please discuss with your GP specific requirements for you and your destination

Travel Kit

1. Minor first aid kit: selection of band-aids, antiseptic cream, tape, gauze
2. Simple analgesics: paracetamol for pain, ibuprofen/aspirin for inflammatory pain
3. Anti-diarrheal medication, eg. imodium, lomotil (avoid if fever or bloody diarrhea)
4. Sunscreen 30+
5. Insect repellent, ie. Tropical strength, if travelling to Malaria/Dengue/Yellow Fever areas
6. Throat lozenges
7. Antibiotics: for respiratory infections (eg. amoxicillin/roxithromycin)
for skin/urine infections (eg. cefalexin)

Depending on trip:

- Antibiotics for traveller's diarrhea: rifaximin (Xifaxan) or azithromycin (India, Nepal, Thailand)
- Buscopan for stomach cramps
- Antifungal cream, eg. canesten, for infections or thrush (for women if taking doxycycline for malaria)
- Travel/motion sickness medication such as phenergan, kwells, travacalm or prescription stemetil
- Aquaear ear drops if frequent ear infections or a lot of swimming
- Oral rehydration solution, but even better boiled water with clear apple juice (50%-50%)
- Malaria prevention measures: mosquito nets, permethrin impregnation product (eg. Equip Debugger)
- DVT prevention especially if history of DVT - Compression/flight Stockings and good hydration
- Altitude sickness can occur above 2500m (50% risk at 3500m) - Diamox started day before ascent
- Water purification - if trekking consider a Sawyer water filter (eg. Mini or Squeeze)

Travel Tips

- www.smartraveller.gov.au - for up-to-date information on destination and register your travel itinerary
 - Organise vaccinations early - consider tetanus, hepatitis A and B, typhoid.
 - Yellow Fever vaccination is mandatory for some countries of Africa and South America
 - Meningococcal vaccination mandatory if travelling to Mecca, Saudi Arabia
 - Rabies if longer trip to rural areas or farms
 - Discuss and research malaria prophylaxis medications:
 - Doxycycline - daily antibiotic, start 2 days before and continue until 4 weeks after trip
 - Mefloquine - weekly antimalarial, start 1 week before and continue until 2 weeks after
 - Malarone - daily dual action antimalarial, start 1 day before and continue until 1 week after trip (most effective but also more expensive)
- Consider impregnating clothes with insect repellent eg. Permethrin "Equip Debugger"
- Beware of unclean water in developing countries: drink bottled water, brush teeth in bottled water, avoid ice in drinks, eat well cooked food, avoid salads (often washed in unclean water)
"Boil it, peel it, or forget it"
 - Wash hands well or use an alcohol based gel eg. Aqium, often but especially before eating.