

Instructions

You should prepare a first-aid kit for your travels. Carry it with you wherever you go. Many of the following items are available overseas, though it may be preferable to buy them before leaving Canada. Note that oral rehydration salts/oral rehydration therapy (ORS/ORT) are quite expensive in Canada, and much cheaper in the countries where they are likely to be needed. It is suggested to buy a minimal amount before departure and purchase some in the host country. Note that some items i.e. scissors, Swiss Army Knife, suggested in this kit should be packed in your checked luggage while in transport (especially flying) due to security regulations. Please note that other items (like syringes/needles and pharmaceuticals like Tylenol 3 may require physician notes) Pack the items in a sturdy, accessible container (preferably waterproof/resistant) such as hip pouch, Tupperware box.

First-Aid

- Band-aids
- Absorbent cotton
- Tensor Bandage
- Ace Bandage
- Absorbent gauze
- Sterile non-adherent pads
- Alcohol swabs
- Adhesive tape
- Antibiotic ointment (Neosporin, Polysporin, etc)
- Topical analgesics (Bactine, etc.)
- Antiseptics (iodine, hydrogen peroxide)
- Safety pins
- Scissors
- Tweezers
- Swiss army knife
- Triangular bandage/sling
- Splints
- Eye pads
- Sterile water (for irrigation)
- Eye dropper
- Syringes/Needles

Medicine

- Anti-itch (calamine lotion, after-bite, hydrocortisone 1%)
- Anti-fungal (Tinactin)
- Sunscreen (at least 30 SPF)
- Cold sore and lip ointment
- Analgesics/antipyretics (Acetylsalicylic acid, ibuprofen, Acetaminophen)
- Antibiotics (by prescription)
- Anti-malarial (if necessary, by prescription)
- Antihistamines (Benadryl, Claritin, Reactine, etc)
- Anti-nausea medicine (Gravol)
- Anti-Diarrheal (Lomotil, Immodium, Pepto-Bismol)
- Cough medicine
- Decongestant
- Laxatives
- Yeast infection medicine
- Vitamins
- Antacids
- Toothache medicine (e.g. Anbesol, clove oil)

Other

- Condoms and/or dental dams
- Needles and/or syringes
- Insect repellent
- Toilet paper
- Water purification kit
- Insect Sting Kit
- Disposable Gloves
- Oral thermometer
- Petroleum jelly
- Contraceptives (be aware that birth control pills are illegal in Ireland and Japan)
- Tampons/Sanitary Napkins
- Urinary Tract Infection antibiotics
- Medication for menstrual cramps
- Spare eyeglasses/contact lens
- Contact lens solution (can be very expensive (e.g. in Germany) or of poor quality in other countries)
- Eye drops