

Travel health kit

No matter where you are going, a well-equipped travel health kit should not be missing in your suitcase. This way, minor injuries or mild illnesses can be treated on the spot. We recommend that our customers get individual travel medical advice (e.g. from the aqua med hotline doctors) before they go on holiday so they are informed about the specific health risks at their destination and can prepare their personalised travel health kit. The following contents of a travel health kit are merely a general recommendation and should be adapted to the holiday destination and the traveller's state of health.

Basic equipment

- Sufficient quantities of medicinal products that have to be taken regularly. It is advisable to carry a smaller quantity of necessary medications (like insulin or blood pressure pills) in your hand luggage, in case your suitcase gets lost
- Medicine for diarrhoea (e.g. Loperamide and sugar electrolyte mixtures)
- Medicine to treat fever or pain (e.g. Ibuprofen, Paracetamol)
- Antiseptics (e.g. Octenidine or Polyvidone Iodine Solution)
- Sunscreen
- Insect repellent (e.g. Autan)
- Antibiotic ear drops (e.g. Ciprofloxacin) and decongestant nasal drops (e.g. Xylometazoline), especially when going snorkelling or diving
- Enough face masks / FFP2 masks for flights or close contact that is unavoidable
- Rapid tests for self-use in case of symptoms that could indicate an infection with SARS-CoV-2

For areas with poor medical provision

- Medicinal products for use in cases of travel sickness (e.g. Scopolamine patches or dimenhydrinate)
- Medicinal products for use in cases of colds (runny nose, coughing and hoarseness)

- Ointment or gel for use in cases of sprains or bruises (e.g. Voltaren)
- Medicinal products for use in case of gastric or intestinal cramps or period pains (e.g. Buscopan)
- Gel that prevents itching or alleviates pain in case of sunburn and insect bites (e.g. Fenistil)
- Ointment for treating and healing any wounds, plus a disinfectant
- Important: broad-spectrum antibiotics prescribed by your doctor (e.g. Amoxicillin)

Others

- Absorbent gauze (6 cm and 8 cm wide), elastic bandage (8 cm wide), plasters and steristripes
- Pair of tweezers, pair of scissors, disposable gloves, safety pins
- Clinical thermometer
- If you wear glasses: spare glasses or contact lenses

Additional items for those going trekking

- Bandaging materials: adhesive bandages and sterile compresses, triangular bandages, tape
- Skin and other soft parts of the body: lip protection, plasters for blisters
- Food supplements, e.g. mixtures containing mineral salts or preparations containing vitamins

Also consider

- intolerance to medications
- time difference
- climatic factors (e.g. limited durability in warm climates)
- import restrictions on certain medications
- recommended/necessary vaccinations
- Please note: Drug names vary from country to country. What always remains the same is the name of the active ingredient. This means that when purchasing medication abroad, the required medication can be obtained under

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the name of the active ingredient. In this context, the correct dosage must also be taken into account, as the quantity of the active ingredient may also vary.

Additional information for divers

Illnesses requiring medication can compromise your fitness to dive (e.g. fever, pain, gastrointestinal diseases, cold). In case of seasickness and medication we refer to our separate medical information sheet.

