

..So you can enjoy every minute of your trip

| | TOUR ONthe beaten track | TRAVEL OFFthe beaten track | EXPEDITION NOWHERE NEARthe beaten track |
|---|---|--|--|
| GUT/ STOMACH/ GASTRO | | | |
| Diarrhoea stopper | Loperamide | Loperamide | Loperamide |
| Antibiotic for diarrhoea | | | |
| Step 1 | Norfloxacilin | 1 Norfloxacilin | 1 Norfloxacilin |
| (Alternative step 1) | | | 1 Ciprofloxacilin |
| Step 2 | 2 Azithromycin # | 2 Azithromycin # | 2 Azithromycin |
| (Alternative step 2) | | | 2 Azithromycin suspension |
| Step 3 | | 3 Tinidazole # | 3 Tinidazole |
| Step 4 | | | 4 Cotrimoxazole |
| Relieve nausea - tablets | | | Stemetil tablets |
| Relieve nausea - wafers | | Ondansetron wafers | Ondansetron wafers |
| Relieve stomach pain/cramps | | Buscopan | Buscopan |
| Replace lost salts & sugar | | Oral Rehydration Salts | Oral Rehydration Salts |
| Constipation | Coloxyl with senna | Coloxyl with senna | Coloxyl with senna |
| Indigestion | | Quickeze | Quickeze |
| RESPIRATORY / CHEST | | | |
| Soothe sore throat | Throat Lozenges | Throat Lozenges | Throat Lozenges |
| Clear blocked nose | Logicin nasal spray | Logicin nasal spray | Logicin nasal spray |
| Antibiotic - respiratory system^ | | | Roxithromycin |
| Antibiotic - respiratory system^ | | | Azithromycin |
| PAIN | | | |
| Ease mild pain | Paracetamol | Paracetamol | Paracetamol |
| Relieve pain and inflammation | | | Ibuprofen (Nurofen) |
| WOUNDS | | | |
| Antibiotic - Skin infection | | | Cephalexin |
| Dressings | Tour | | |
| Dressings | | Travel | Travel |
| OTHER | | | |
| Antihistamine /Motion sickness | Avomine | Avomine | Avomine |
| Eye/ear infection | | Soframycin | Soframycin |
| In case of heart attack | Dispirin direct | Dispirin direct | Dispirin direct |
| Thrush treatment | | | Canesten once pessary |
| Water purification | | | Drinking water tablets |
| Malaria treatment | | | Malarone Treatment |
| Malaria treatment | | | Riamet Treatment |
| Insect avoidance - nets | | | Nets with permethrin |
| Insect avoidance - socks | | | Insect socks |
| Altitude | | | Diamox |
| Jetlag | | | Melatonin |
| Sleeping tablet | | | Temazepam |
| Check temperature | | | Thermometer - digital |
| Sterile medical equipment | | | Trauma Kit |
| Sterile medical equipment | | | Suture Tray |
| Dental care | | | Dentafix |
| Safer injection pack | | | Syringe Kit |
| Safer sex | Condoms | Condoms | Condoms |
| Instructions/documentation | Medication Guide | Medication Guide | Medication Guide |
| Bag | Small | | |
| Bag | | Medium | |
| Bag | | | Large |
| | | | [customised to individual needs] |
| Don't forget | | | |
| Clean hands | | | Hand sanitiser |
| Insect avoidance | | | Repellent (30% Deet) |
| Sunscreen | | | Protect your skin |
| You may like to watch the Dr Deb short films | | ^Most upper respiratory tract infections are due to a virus and antibiotics do not speed recovery or decrease complications. | |
| How to treat travellers diarrhoea | Travelling Well or not | | |
| http://www.thetraveldoctor.com.au/video.html | youtu.be/u6oRXMW72iw | | |
|  | | | |
| # If 2 people are sharing a kit ...we STRONGLY recommend you take extra of those marked # ie. extra Azithromycin, Tinidazole. | | | |
| = prescription medication Prescription items can only be provided to people who have had a consultation with a Doctor in this clinic. | | | |