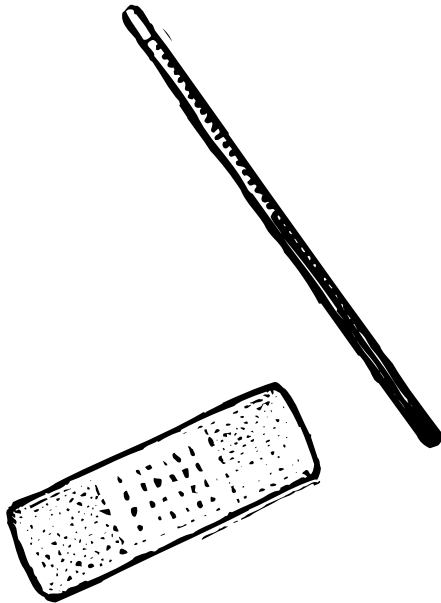


## Basic Supplies and Medications for a Traveler's Medical Kit



**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE

### Purpose

#### Athlete's foot

#### Blisters (on feet)

#### Body temperature evaluation

#### Constipation

#### Cough

#### Cuts and scrapes

#### Diarrhea, indigestion

#### Eye care

#### Fever

#### First aid, general supplies

#### Fluid and electrolyte replacement

#### Headache, minor aches and pains

#### Repelling insects

##### On skin:

##### On clothing, mosquito nets:

### Suggested Items

Antifungal powder or cream

Moleskin to protect areas of friction  
with shoes

Oral thermometer

Laxative and/or stool softener

Throat lozenges, cough syrup

Antibiotic ointment (topical),  
Band-aids, sterile 4x4 gauze pads,  
adhesive tape roll

Bismuth subsalicylate (Pepto-Bismol) or  
loperamide (Imodium capsules)

Artificial tears/eyedrops; sunglasses;  
contact lens solutions if appropriate;  
spare pair of eyeglasses or contact lens

Aspirin or acetaminophen

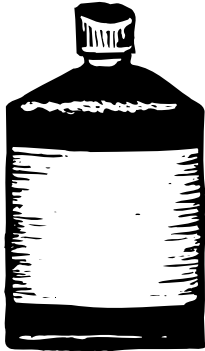
Tweezers, scissors, pocket knife, needle  
and thread, safety pins, matches, flashlight,  
waterproof case or box to contain medical  
and first-aid supplies

Powdered electrolyte mix (Pedialyte,  
Exceed, IAMAT Oral Rehydration Salts)

Aspirin, acetaminophen, ibuprofen

Insect repellent lotion containing DEET  
Insecticide spray containing permethrin

## Basic Supplies and Medications for a Traveler's Medical Kit



**Itching skin from allergy, insect bites, or minor skin irritation (sunburn, contact dermatitis, etc.)**

0.5% hydrocortisone cream (topical) and antihistamine tablets or capsules (Chlor-Trimeton, Benadryl, etc.)

**Motion sickness**

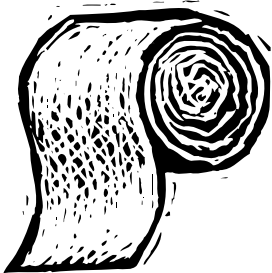
Antihistamine tablets (Dramamine, Bonine, etc.)

**Nasal congestion due to colds, allergies or water sports**

Over-the-counter pseudoephedrine and/or antihistamine

**Personal hygiene, general**

Toilet paper, paper tissues, and/or premoistened towelettes, sanitary supplies for women, birth control devices, etc.



**Skin disinfection, cleansing of minor cuts and scrapes**

Povidone-iodine solution (Betadine) or chlorhexidine solution (Hibiclens)

**Strains, sprains**

Elastic bandage roll (Ace Wrap)

**Sun protection**

Lotion, cream, lip balm with sunscreen protection factor (SPF) of 15 or greater



**Toothache**

Dental emergency kit, oil of cloves, dental floss

**Water purification**

Water purification tablets, crystals and/or filters

*Adapted from materials issued by:*

*Keystone Travel Medicine*

*1210 S. Cedar Crest Blvd., Suite 2700, Allentown, PA 18103*

*610-402-8433*

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