

First Aid Kit for travellers

This kit is made to be packed into a polycarbonate water bottle, which provides a crush proof and watertight container. You can drink out of it, too.

1. **Paracetamol** (pain and fever reduction)
2. **Ibuprofen** (pain and fever reducer, anti-inflammatory)
3. **Antihistamine** (allergies, sleep aid)
4. **Pseudoephedrine** (nasal decongestant, helps with "ear pop" from planes)
5. **Loperamide** (anti-diarrhoeal)
6. **Multi-tool** (MacGyver always had his)
7. **Safety pins** (quick fix for clothing, making an arm sling, emergency cloth)
8. **Sun screen** (SPF 15 minimum, small bottle)
9. **Bandanna** (sling for arm, dust mask,
10. **Antiseptic towelettes** (cleaning hands and wounds)
11. **Electrolyte packets** (Dioralyte) (for replacing loss due to vomiting or diarrhoea)
12. **Matches** (light source, fires)
13. **Tweezers** (removing ticks, thorns, cactus, sea urchins, etc)
14. **Mole skin** (blisters on the feet)
15. **Band aids** (minor cuts and scrapes)
16. **Gauze roll** (minor cuts and scrapes)
17. **Antibiotic ointment** (minor cuts and scrapes)
18. **Portable flashlight** (looking into mouths, dark rooms)
19. **Thermometer** (is that really a fever, how high)
20. **Latex gloves** (protect yourself first)
21. **4 x 4 gauze pads** (minor cuts and scrapes)
22. **Hand sanitizer** (dirty hands mean infected cuts)