



SUPPLIES TO PREVENT ILLNESS OR INJURY

- Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
- Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
- Antibacterial hand wipes or alcohol-based hand sanitizer with at least 60% alcohol
- Oral rehydration solution packets or electrolyte packets
- Lubricating eye drops

FIRST AID SUPPLIES

- First aid quick reference card
- Digital thermometer
- Moleskin for blisters
- Aloe Vera Gel for sunburns
- Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)

CLOTHING

- Underwear
- Tops
- Shorts / skirt
- Pants
- Smart casual outfit
- Casual shoes / sandals
- Dress shoes
- Jacket / sweater
- Accessories (hat, sunglasses, scarf)

OTHER IMPORTANT ITEMS

- Mild sedative or other sleep aid
- Medicine to prevent altitude sickness
- Water purification tablets
- Latex condoms
- Emergency Food (protein bars/snacks)
- Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms

PERSONAL & GENERAL HEALTH

- Pain relief medication / aspirin
- Allergy medicine / antihistamines
- Toothbrush / toothpaste
- Dental floss
- Shampoo / conditioner
- Brush / comb
- Glasses / contact lens
- Prescription medications
- Nail care tools
- Soap / shower gel
- Razor / shaving cream
- Deodorant