



GADSVENTURE PRESENTS

# The Family First Aid Kit Packing List

For Serious Travelers who want to Survive!

# Travel healthy with Gadsventure

Recommendations from Gadsventure.com are not intended to replace medical advice.

Please consult your family doctor or a Travel Health Clinic for a personalised consultation.

- Band-aids, waterproof, colourful, various sizes
- Bandages - crepe of different sizes
- Sterile gauze
- Normal Saline solution ampules
- Hydration sachets or ice blocks. Electrolytes can also be replaced by adding 10 parts sugar and 1 part salt to a glass of water. Eating a banana is great for replacing potassium, and coconut water is a great source for balancing electrolytes too.
- Anti-diarrhoea
- Anti-biotics
- Anti-nausea
- Anti-inflammatory
- Paracetamol
- Decongestant
- Anti-histamine



# Safety comes first!

- Have these in liquid/powder/tablet forms depending on your children's ages.
- Any prescription medications and a letter from your doctor for any special meds.
- Instant ice-pack
- Anti-bacterial and anti-biotic ointments
- Aloe Vera gel for scrapes or sunburn
- Steri-strips
- Safety pins
- Splinter removal
- Tweezers
- Scalpel
- Scissors (not in your hand luggage!)
- Digital thermometer
- Triangle sling bandage
- Latex gloves



# Health matters

Kris is a Registered nurse and doting mother to 4 young kids and goes travelling as often as she can with the family in tow. With proper planning and preparation using this checklist, you won't have anything you can't deal with on the road.

Seeing a qualified Travel Health Practitioner or your GP at least 3 months before travel is imperative for making sure all of your normal childhood vaccinations are up to date, as there are many shots that are specifically indicated depending on where you are going and how long you are staying.

**For more information on International travel please follow this link.**

**<https://gadsventure.com/international-travel-vaccination-requirements/>**

