

## Printable Travel Checklist - Eltham Pharmacy

### Medical Kit

- ☐ Paracetamol or ibuprofen (pain relief)
- ☐ Antihistamines (for bites, allergies)
- ☐ Diarrhoea treatment (e.g. loperamide)
- ☐ Oral rehydration salts
- ☐ Insect repellent (DEET-based recommended)
- ☐ After-bite or soothing cream
- ☐ Travel sickness tablets or bands
- ☐ Antiseptic wipes/cream
- ☐ Plasters and blister pads
- ☐ Tweezers and small scissors
- ☐ Digital thermometer
- ☐ Any prescription medication (with repeat script)
- ☐ Mosquito net (if travelling to high-risk areas)

### Sun & Skin

- ☐ High-factor sunscreen (SPF 30+)
- ☐ After-sun lotion or aloe vera
- ☐ Lip balm with SPF

### Vaccinations

- ☐ Book travel consultation at Eltham Pharmacy
- ☐ Hepatitis A (recommended for many destinations)
- ☐ Typhoid (food and water protection)
- ☐ Tetanus, diphtheria, polio booster (if due)
- ☐ Rabies (for long-stay or rural travel)

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- ☐ Yellow fever (certificate required for some countries)
- ☐ Cholera (oral vaccine, for specific regions)
- ☐ Malaria tablets (if advised)
- ☐ Japanese encephalitis (for rural parts of Asia)

### Travel Documents

- ☐ Passport (valid for 6+ months)
- ☐ Travel insurance documents
- ☐ EHIC/GHIC card (for Europe travel)
- ☐ Copies of prescriptions or medical letters

### Extras

- ☐ Reusable water bottle
- ☐ Travel laundry soap or wipes
- ☐ First aid manual or leaflet