

first aid kits for international travel

- antiseptic wipes
- triangular bandages
- QuikClot blood clotting agent
- plastic gloves
- mask
- tuff cut scissors
- dressing pads (10cm x 10cm)
- emergency/foil blanket
- tensor bandage
- medical tape
- bandaids
- ice pack
- head light
- tweezers
- burn dressings (if no access to water - ie: in a vehicle)
- advice leaflet/Quick Reference Guides
- inventory checklist

For Your Personal First Aid Kit (not for communal use)

- basic pain relief
- stomach aids
- oral rehydration salts (in case of diarrhea)
- malaria tablets (depending on country) + malaria testing kit (inexpensive)
- syringes, needles, stitching material, iv giving sets (in places where medical supplies can be drained quickly) – **IMPORTANT: these are not to be used by you as a first aider, they are to give to the doctors in the hospital**

