



Basics

- ❑ Pain Reliever: acetaminophen or ibuprofen
- ❑ Antihistamine: for allergy/sleep
- ❑ Cough/Cold medications: multi-symptoms
- ❑ Band-aids: bandages, moleskin for blisters
- ❑ Lotions: dry skin, anti-itch
- ❑ Sunscreen: UVA and UVB protection
- ❑ Lip Balm: with sunscreen protection
- ❑ Anti-bacterial: wipes, hand sanitizer



Insects

- ❑ Insect Repellant
 - DEET 25-50%: skin use only
 - Picaridin 20%: skin use only
 - Oil of Eucalyptus: not for children younger than 3 years
- ❑ Permethrin 0.5% spray/wash: use on clothing/netting only; can wash
- ❑ Mosquito Netting: at least 156 holes/sq inch
- ❑ Clothing: long sleeves, long pants

Treatment of Diarrhea

- ❑ Loperamide: anti-diarrheal
- ❑ Electrolyte Rehydration Solution (Sports Drink): rehydration packets best

Water Purification

- ❑ Iodine Tablets: + vitamin C; 2 tablets per quart of water; no for pregnancy
- ❑ Water Purifier: use 3-way filtration
- ❑ Ultraviolet Light: purifies 16 ounces of water in 48 seconds
- ❑ Bottled water: sealed bottled water



❑ Jet Lag

Melatonin: take in evening

❑ Motion Sickness

Meclizine: can cause drowsiness and dry mouth