

## Travel Pharmacy

MEDICATION	ADULT	CHILD	Remarks
<b>PAIN &amp; FEVER</b>			
Paracetamol	500mg max 6x/day (4h between 2) OR 1g max 3x/day (6h between 2)	1 dosing syringe (depending on weight) max 4x/day (6h between 2)	1st choice!
Ibuprofene <i>If Paracetamol is not enough</i>	400mg MAX 3x/day (6h between 2)	1 dosing syringe (depending on weight) max 3x/day (6h between 2)	NOT if pregnancy NOT if risk of dehydration (diarrhea, vomiting)
<b>NAUSEA, VOMITING, TRAVEL SICKNESS</b>			
Ginger			ESPECIALLY don't get dehydrated!! (drink small sips at a time, water, diluted apple juice or rehydration solution)
Old anti-allergic tablet	<i>!! sedation !!</i>		
<b>DIARRHEA</b>			
Rehydration solution	1 stick in .....ml water – do not add anything (no sugar, no salt)- Keep 24h in the fridge	1 stick in .....ml water – do not add anything (no sugar, no salt)- Keep 24h in the fridge	ESPECIALLY don't get dehydrated!! (drink small sips at a time, water, diluted apple juice or rehydration solution)
Lopéramide	NOT if fever and/or blood	NOT if fever and/or blood	
<b>INSECT BITE – ALLERGY -ITCHING</b>			
Soothing cream			Clean the bite with soap and water
Antiallergic tablet			!! Sedation !!
<b>BURNING – SUN STROKE</b>			
Moisturizing cream	2x/day in a thick layer + cover		First apply the rule of 15: 15 min under water at 15° within 15 min

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<b>OTHERS</b>			

### Also to foresee...

- Sun protection
- Mosquito protection
- Thermometer
- Antiseptic without alcohol
- Compresses/Plasters
- Physiological saline
- Tweezer
- Tick clip
- Usual medication (WITH YOU when you're taking the plane + look how it needs to be kept (there is a freezing risk if you put your medication in your luggage in the plane!) + check if a doctor's document is required (necessary for certain medications))
- Be in order of vaccination!!

**TROPICAL TRAVEL :**

**Additional advice needed !!**