

Singing City and Bucks County Choral Society
Brazil Tour July 2009
Travelers' Health Kit

The purpose of a Travel Health Kit is twofold: to allow the traveler to take care of minor health problems as they occur and to treat exacerbations of existing medical conditions. Basic items that should be included are listed below. Travelers should modify their kit to meet their own anticipated needs. Singing City member, Deb Clarke, M.D., will be available before and during the tour for consultation as needed.

Medications

(OTC: over-the-counter medication; Rx: prescription from your physician)

- Personal prescription medications in their original containers. Recommend keep a list of all medications in your wallet. Suggest a note from the prescribing physician on letterhead stationary for controlled substances and injectable medications.
- Medication for pain or fever (OTC Tylenol or Motrin)
- Anti-diarrheal medication (OTC Pepto Bismol or Imodium)
- Antibiotic for moderate to severe diarrhea (Rx Ciprofloxacin or Bactrim)
- Anti-motion sickness medication (Rx Scopolamine patch or Meclizine or OTC Dramamine or Benadryl) OR OTC Sea Bands wrist bands (acupressure without the sedation of above medications)
- Other anti-nausea (Rx Phenergan or OTC Pepto Bismol)
- Antacid (OTC Tums or Pepcid Complete)
- Cough suppressant/expectorant (OTC Robitussin DM or Mucinex DM)
- Throat lozenges (OTC Ricola or Halls)
- Decongestants (OTC Sudafed or Afrin Nasal Spray)
- Mild laxative/stool softener (OTC Milk of Magnesia or Colace)
- Mild sedative/sleep aid (Rx Ambien or OTC Melatonin)
- Antibiotic ointment (OTC Neosporin)

Other Important Items

- Basic first-aid items (Band Aids, Q-Tips, antiseptic wipes, tweezers, scissors)
- Antibacterial hand wipes or alcohol-based hand sanitizer
- Moleskin or Dr. Scholl's pads for blisters/calluses
- Small travel sewing kit
- Insect repellent with DEET (OTC Deep Woods Off)
- Sunscreen (SPF 15 or greater)
- Moisturizing lotion
- Vaseline
- Other items as personally needed