

Items to Pack

To be prepared for any illness or emergency when travelling, include these items in your medical kit.

- **Immunization Card**
- **Medical Information Card:** Your medical card should include your age, height, weight, blood type, allergies, any known medical conditions, and routine medications.
- **Medications:** Bring enough of any medications to last the whole trip. Keep medications in original containers
 - Antibiotics and oral rehydration salts for travellers' diarrhea
 - Motion-sickness medication
 - Antihistamines and calamine lotions for allergic reactions
 - Acetaminophen for fever and pain relief
 - Antimalarial agents (if recommended)
 - Antibacterial skin ointment and steroid skin cream (1% hydrocortisone)
 - An over-the-counter preparation for women prone to yeast infections
- **First-Aid Supplies:** Place First-Aid items in a waterproof container.
 - First-Aid manual
 - Bandages, tape, gauze, alcohol wipes, elastic bandage wraps
 - Needle, scissors, tweezers
 - Moleskin for blisters
- **Insect Repellent:** Permethrin for clothing, and repellent preparations containing DEET for skin
- **Sun Protection:** Sunscreen (SPF 15 or more), UV sunglasses and aloe vera gel for sunburn
- **Other Items**
 - Hand sanitizers
 - Contraceptives, including condoms
 - Water-disinfecting agent, in case safety of drinking water is in question

**For further information, please call
York Region Health Connection at 1-800-361-5653
or visit [www.@.york.ca](http://www.york.ca)**