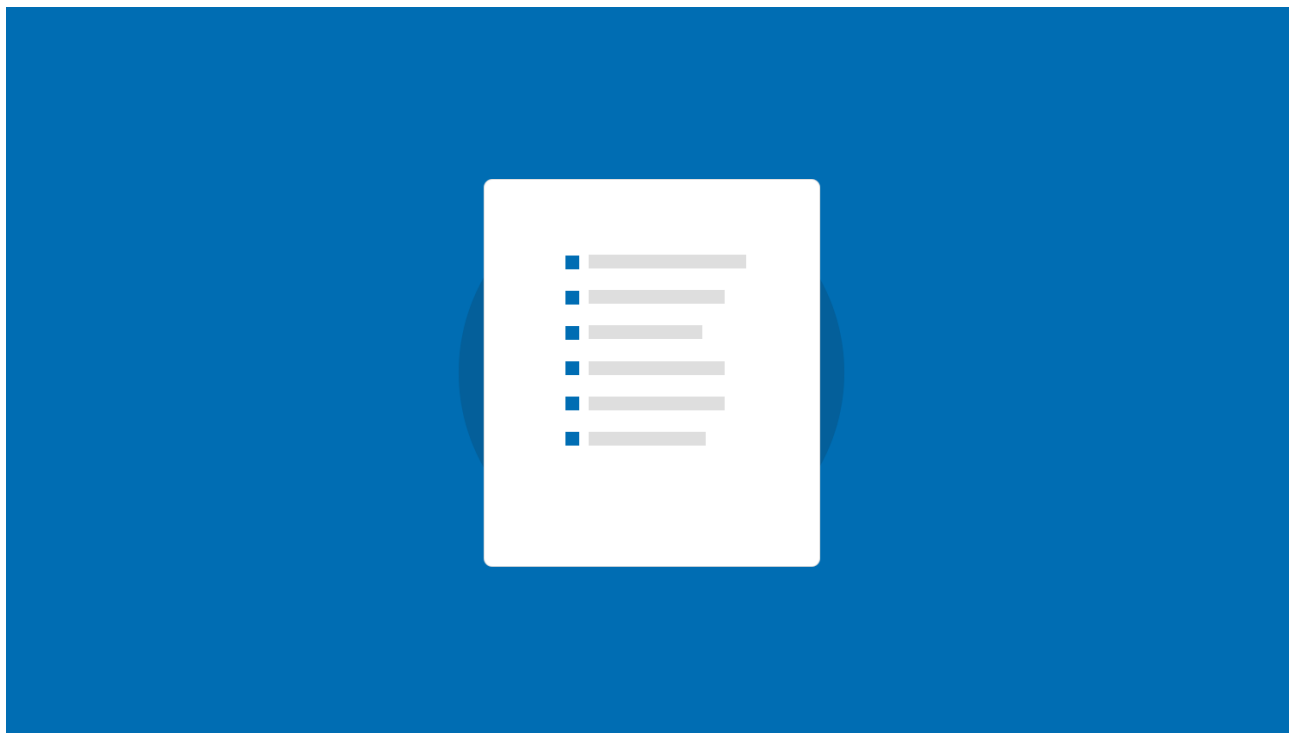


# Travel health checklist

What to pack to stay safe and healthy abroad, including first aid essentials.



## First aid kit

- ☐ Antiseptic
- ☐ Painkillers
- ☐ Wound-cleaning gauze
- ☐ Sterile dressings
- ☐ Bandage tape
- ☐ Plasters
- ☐ Tweezers
- ☐ Scissors
- ☐ Thermometer
- ☐ Antihistamines
- ☐ Sunburn treatment
- ☐ Insect repellent
- ☐ Insect bite treatment
- ☐ Medication for pre-existing medical conditions
- ☐ Condoms

## Sunscreen

- ☐ The letters "UVA" in a circular logo and at least four-star UVA protection
- ☐ At least SPF15 sunscreen to protect against UVB

## Country-specific advice

- ☐ Anti-diarrhoea medication
- ☐ Rehydration sachets
- ☐ Anti-malaria medication
- ☐ Mosquito net
- ☐ Water disinfectant
- ☐ For country-specific health and safety advice, go to: [GOV.UK](#), [TravelHealthPro](#)

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