



TWO CAMERAS AND A BUCKETLIST

The ultimate traveler's first aid kit you don't want to leave behind

Brought to you by David from *Two Cameras and a Bucket List*.

All of you travelers out there will agree with me that not everything in a trip can be forecasted and planned for, especially when it comes to our health. Little annoyances or even accidents may happen and we or any of our travel companions can get sick away from the nearest medical attention point. And that applies to either family members, friends or complete strangers in need.

And we don't want that to stop us from traveling, right?!

To help you guys, I put a first aid kit checklist together for when you're packing for the next adventure (see next page).

And don't you ever forget these rules!

RULE #1: Always know your kit and its limitations. And NEVER include anything you don't know how to use or operate.

RULE #2: Always tailor the content of your kit to the region you travel to, the activities you plan to do and the duration of your trip.

RULE #3: If you doubt how to proceed when in an emergency, the wisest thing to do is to separate the victim from the source of danger and seek help immediately.

RULE #4: Antibiotics must be used with care and prescribed by your GP. You may revert to them as a last resort only, and never to treat a simple cold.

Remember: the more antibiotics you take, the more resistant the bad bacteria in your body become and the less good bacteria remain, which might cause other problems in the future.

RULE #5: In all cases, if symptoms persist seek for medical help as soon as possible.

RULE #6: Always keep track of instructions, dosages and best-before dates. If you use zip lock bags for your pills/tablets, write these information on them with a water-resistant pen.

You can get more details and tips at <http://www.2cameras1bucketlist.com>

Do you have questions or comments?

Just drop us a line <http://www.2cameras1bucketlist.com/about-us/contact-us>



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First aid kit checklist:

- | | | |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------|
| <input type="checkbox"/> | Water purification tablets (only if applicable to the region). | x50 tablets |
| <input type="checkbox"/> | Travel sickness tablets | x10 tablets |
| <input type="checkbox"/> | Disposable gloves. | x1 large pair |
| <input type="checkbox"/> | Antiseptic wipes. | x4 |
| <input type="checkbox"/> | Iodine wipes. | x4 |
| <input type="checkbox"/> | Disinfecting liquid. | 1 spray |
| <input type="checkbox"/> | Gauze pads. | x4 |
| <input type="checkbox"/> | Pressure bandage. | x1 |
| <input type="checkbox"/> | Waterproof strip bandages in several sizes. | x5 |
| <input type="checkbox"/> | Blister pads in several forms and sizes. | x5 |
| <input type="checkbox"/> | Dry eye drops. | x10 uses |
| <input type="checkbox"/> | Cotton buds for easier application of ointments. | x20 |
| <input type="checkbox"/> | Cold sore patches. | x3 |
| <input type="checkbox"/> | Painkillers. Paracetamol 1000mg or similar. | x6 capsules |
| <input type="checkbox"/> | Antinflammatory. Ibuprofen 600mg or similar. | x6 tablets |
| <input type="checkbox"/> | Antihistaminies. Polaramine 2mg or similar. | x8 tablets |
| <input type="checkbox"/> | Cold/flu symptom relief. Lemsip or similar. | x3 sachets |
| <input type="checkbox"/> | Sore throat treatment. Tantum Verde sweets. | 1 packet |
| <input type="checkbox"/> | A broad spectrum antibiotic for airway infections. | x1 3-day dose |
| <input type="checkbox"/> | Diarrhea treatment. Loperamide 2mg or similar. | x10 capsules |
| <input type="checkbox"/> | Nausea treatment. Primperan 10mg or similar. | x10 tablets |
| <input type="checkbox"/> | Rehydrating salts. | x3 sachets |
| <input type="checkbox"/> | Insect bite relief. Fenistil Roll-on or similar. | 1 tube |
| <input type="checkbox"/> | Malaria tablets (only if applicable to the region,). | |
| <input type="checkbox"/> | Skin rash relief. Hydrocortisone 5mg or similar. | 1 30g-tube |
| <input type="checkbox"/> | Disposable syringe. In case of need, more hygienic than sterilized material in certain regions. | x1 |
| <input type="checkbox"/> | Hypodermic needles. Together with the syringe, or great to remove splinters or similar. | x2 |
| <input type="checkbox"/> | Tweezers. | x1 pair |
| <input type="checkbox"/> | Safety pins. | x4 |
| <input type="checkbox"/> | Electronic thermometer. | x1 |
| <input type="checkbox"/> | Phone number and address of the nearest emergency service, or international phone number of your travel insurance hotline | |

Travel safe! From your friends at <http://www.2cameras1bucketlist.com>