

## PERSONAL MEDICAL KIT RECOMMENDATIONS

We strongly encourage you to bring a personal medical kit for all trips, especially those venturing into remote destinations.

- Most GeoEx trips do not have a trip physician and the leader's medical kit does not contain any prescription or controlled medications.
- Over-the-counter and prescription medications in many destinations do not meet US safety and quality standards.

Please discuss the list below with your personal physician, especially before any medication is taken by a child, pregnant women, or a nursing mother. This list is intended to serve only as a guideline. *Your personal kit should reflect your medical history and the specific health risks associated with your upcoming trip* (we have included a country-specific health bulletin in your pre-departure materials). Your medical kit should contain medications you have used before to lessen the chance of unforeseen allergies. It is recommended that you bring an additional 50% supply of your existing prescription medications in their original containers. Please include all prescription medications in your carry-on luggage. See the attached chart to assist you and your physician to choose a limited number of antibiotics right for you, to cover a range of potential infections.

### PAIN RELIEF

Mild pain: acetaminophen (*Tylenol*), ibuprofen (*Advil, Motrin*)

Severe pain: acetaminophen with codeine (*Tylenol with codeine*), hydrocodone with acetaminophen (*Vicodin, Norco*)

### WOUND CARE

Supplies: Band-Aids, Steri-Strips, betadine solution or prep pads, tape, *Polysporin* or similar over the counter topical antibiotic ointment, nonstick gauze pads, roll gauze, small scissors, tweezers

Antibiotic Treatment of Skin Infection: azithromycin (*Zithromax*), amoxicillin clavulanate (*Augmentin*), cefuroxime (*Ceftin*), cephalexin (*Keflex*), ciprofloxacin (*Cipro*), or levofloxacin (*Levaquin*)

Antibiotic Treatment for Suspected MRSA Skin Infection: trimethoprim/sulfamethoxazole (*Bactrim, Septra*)

### ORTHOPEDIC/FOOT CARE

Supplies: Ace bandage, moleskin/foam, corn plasters, antifungal cream or powder

### RESPIRATORY INFECTIONS

Congestion: over the counter decongestant and/or antihistamine tablets, nasal decongestant spray (only for short term use)

Sore throat: throat lozenges

Antibiotic Treatment of Respiratory Infection: azithromycin (*Zithromax*), amoxicillin clavulanate (*Augmentin*), cefuroxime (*Ceftin*), cephalexin (*Keflex*), trimethoprim/sulfamethoxazole (*Bactrim, Septra*), ciprofloxacin (*Cipro*), or levofloxacin (*Levaquin*)

### ALLERGY SYMPTOMS/ ALLERGIC REACTION

Allergy symptoms: antihistamine tablets (various OTC or prescription), steroid nasal spray (*Flonase*)

Severe allergic reaction: injectable epinephrine (*EpiPen*), diphenhydramine (*Benadryl*), prednisone, metered dose inhaler (*Albuterol*)

## **EYE INFECTION**

Antibiotics: tobramycin ophthalmic solution (*Tobrex*)

## **EAR INFECTION**

Antibiotic Eardrop Treatment of External Ear Infection: hydrocortisone/neomycin/polymyxin B (*Cortisporin otic suspension*), ciprofloxacin/dexamethasone (*Ciprodex*)

Antibiotic Treatment of Middle Ear Infection: azithromycin (*Zithromax*), amoxicillin clavulanate (*Augmentin*), cefuroxime (*Ceftin*), cephalexin (*Keflex*), or trimethoprim/sulfamethoxazole (*Bactrim*, *Septra*)

## **GASTROINTESTINAL ILLNESS**

Antacids: *Mylanta*, *Maalox*, *Pepto-Bismol*

Rehydration: Oral rehydration electrolyte mix

Antibiotic Treatment of Travelers Diarrhea: azithromycin (*Zithromax*), trimethoprim/sulfamethoxazole (*Bactrim*, *Septra*), ciprofloxacin (*Cipro*), levofloxacin (*Levaquin*), or Rifamixin (*Xifaxan*, *Salix*)

Antiparasitic: metronidazole (*Flagyl*)

Anti-diarrheal: loperamide (*Imodium*), diphenoxylate (*Lomotil*)

Anti-nausea: ondansetron (*Zofran*), prochlorperazine (*Phenergan tablet/suppositories*), promethazine (*Compazine tablets/suppositories*)

Hemorrhoid suppositories

Constipation: bisacodyl (*Dulcolax tablets/suppositories*)

## **INSECT-BORNE DISEASE**

Insect repellent (+25% DEET)

Malaria prophylaxis: atovaquone proguanil HCl (*Malarone*), mefloquine (*Lariam*)

## **ALTITUDE**

Prevention: acetazolamide (*Diamox*)

Treatment: dexamethasone (*Decadron*), nifedipine (*Procardia*)

NOTE: Sleeping aids or sedatives are not recommended for use above 8,000 feet. They may contribute to the development of acute mountain sickness.

## **FEMALE HEALTH**

Vaginal yeast infections: various preparations (*Monistat*, *Mycelex*)

Urinary tract infection symptomatic relief: phenazopyridine (*Uristat*, *Azo*)

Antibiotic Treatment of Urinary Tract Infection: cefuroxime (*Ceftin*), cephalexin (*Keflex*), trimethoprim/sulfamethoxazole (*Bactrim*, *Septra*), ciprofloxacin (*Cipro*), or levofloxacin (*Levaquin*)

## **SKIN CARE**

Sunburn prevention: Sunscreen (at least SPF 25 at higher altitude)

Treatment: over the counter hydrocortisone creme

## **ENVIRONMENTAL**

Water purification tablets (*Potable Aqua*)

Motion sickness medication: meclizine (*Antivert*, *Bonine*), scopolamine patch (*Transderm Scop*, *Scopace*)

Hand sanitizer

**DIAGNOSTIC**  
Thermometer

Updated: 7.08