



## In your carry on

Always keep your medication in their original bottles.

- Passport
- Plane, train, ship tickets, etc.;
- Pen or pencil
- Phone number of your hotel or lodging, etc.;
- Anti-malaria medication (Aralen®, Malarone®, etc.);
- A list of your medication
- Allerject® w/ proper transport papers;
- Graval®;
- Otrivin® or Dristan® (for sinus or ear aches)  
To be taken 1 hour before landing.
- Chewing gum;
- Small toys for the young ones;
- Book, magazine, headphones, electronic devise;
- A change of clothes, in case your luggage is late;
- Specialized socks to favor blood circulation to the legs  
In the plane.

## In your suitcase



### ACCESSORIES

- Reusable coffee mug  
(To avoid disposable small plastic cups);
- Beach towel;
- Beach bag;
- A small backpack;
- Beach toys;
- Mosquito screen with deltamethrin; (concerned areas);
- Sleeping bag;
- Camera, memory cards, charger or extra batt.



### FIRST AID

- Insect repellent DEET 25-30%;
- Sun screen 15% minimum;
- Sun Cream;
- Waterless soap (ex. : Purell®);
- Lip Baum with sun screen min.15%;
- Shampoo;
- Conditioner;
- Toothbrush;
- Toothpaste;
- Body soap;
- Tampons or sanitary napkins;
- Razor;
- Shaving cream;
- Make-up;
- Make-up remover;
- Disposable wet towels;
- Comb or hair brush;
- Hair band.



### MEDICAL SUPPLIES

- Syringe and needle kit (in case of emergency) spcl transport permit needed for long term travel;
- Rehydration solution; Gastrolyte®
- Acetaminophen for fever (Tylenol®);
- Advil® (muscle pain);
- Bénadryl® (in case of allergic reaction);
- Ear drops;
- Cortate® (cortisone cream);
- Small first aid kit;
- Small vinegar sachet;
- Thermometer;
- Imodium® (used to control diarrhea).



### CLOTHING (adults and children)

\* for a 7 day period

- 5 short sleeve shirts;
- 2 long sleeve shirts;
- 2 dress;
- 1 evening dress;
- 2 Shorts;
- 2 Long pants;
- 7 underwear;
- 7 pairs of socks;
- 1 pyjama;
- 1 light jacket;
- Swimsuit;
- Large rim hat;
- Bike or motorcycle helmet;
- Sun glasses;
- Walking shoes;
- Sandals;
- flip-flops for beach or showers.



### ITEMS FOR KIDS

- Water toys;
- Play Pen;
- Stroller;
- Car seat;
- Diapers;
- Infant formula;
- Closed container and washcloth to wash baby's bottle;
- Pure or snacks;
- Peanut butter or other for breakfast;
- Zinc base cream for baby's bottom. Also used has sunscreen for babies under 6 months.