MedTreks International

THE ULTIMATE TRAVEL PLANNER

- ☑ PRE-TRAVEL CHECKLIST
- ☑ MEDICAL GAME PLAN/FIRST AID KITS
- ☑ PACKING LIST
- ☑ TRAVEL RESOURCES

PREPARING & PACKING FOR

FOREIGN TRAVEL

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Pre-Travel Check list:

A few reminders as you plan for your adventure:

- [ ] Book your appointment with your PCP sooner than later.

CDC recommends at least 3 months in advance.

- [ ] Get sufficient refills of personal medications. Discuss type of travel and appropriate medications as needed: sleep aids infections, altitude prevention, malaria prevention etc.
- [ ] Consider getting antibiotics in case of traveller's diarrhea, urinary tract infection or upper respiratory infection
- [ ] Immunizations: make sure you are up to date on all your adult immunizations. CDC has a list of travel immunizations recommended for each country.

wwwnc.cdc.gov/travel/page/travel-vaccines

- [ ] Research Your Destination: travel warnings, disease outbreaks etc. www.travel.state.gov
- [ ] Consider enrolling in Smart Traveler Enrollment Program (STEP) to receive security messages and make it easier to locate you in an emergency.

https://step.state.gov/step

- [ ] Become familiar with the culture and traditions of your destination (see resources below)
- [ ] Make a personal ID card with name/address/allergies/medicines/travel insurance etc
- [ ] Inform your bank of your travels (make sure to check if there are any foreign credit card fees)
- [ ] Gather your documents ahead of time: Passport/visa/airline tickets, drivers license, health insurance card, travel insurance card, list of medications and prescriber
- [ ] Upload them to your phone & email, keep a copy in your luggage.
- [ ] Start researching travel insurance: please see section below*

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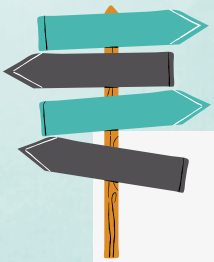

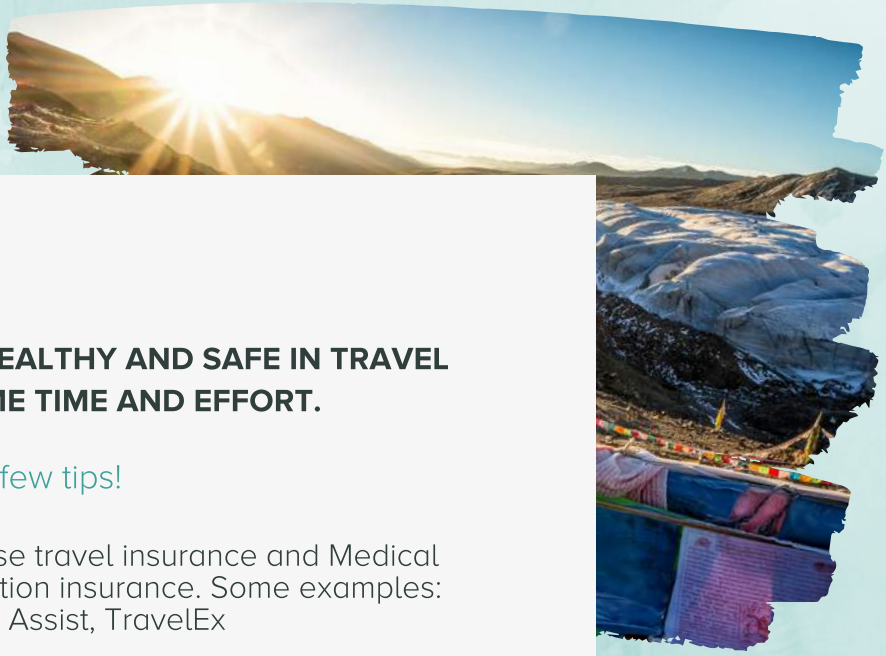

Medical Game Plan

STAYING HEALTHY AND SAFE IN TRAVEL TAKES SOME TIME AND EFFORT.

Here are a few tips!

- ☑ Purchase travel insurance and Medical Evacuation insurance. Some examples: MedJet Assist, TravelEx
- ☑ Know where to get medical care if you need it. The US Embassy is a helpful resource for finding medical providers and healthcare facilities abroad. https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html
- ☑ Carry an Emergency Contact Card with you at all times listing: Emergency Contact number/email. Any allergies or specific medical conditions that could affect your travels

You can also check with your travel insurance provider to see about providers and clinics/hospitals available at your facility.

Tips on Medical Kits!

We categorize our Medical Kits for our different trips based on body systems:

- Gastrointestinal
- Orthopedic
- Cardio/Respiratory
- Genitourinary
- Ear/Nose/Throat
- Infection/Antibiotics
- Psych/Pain Relief

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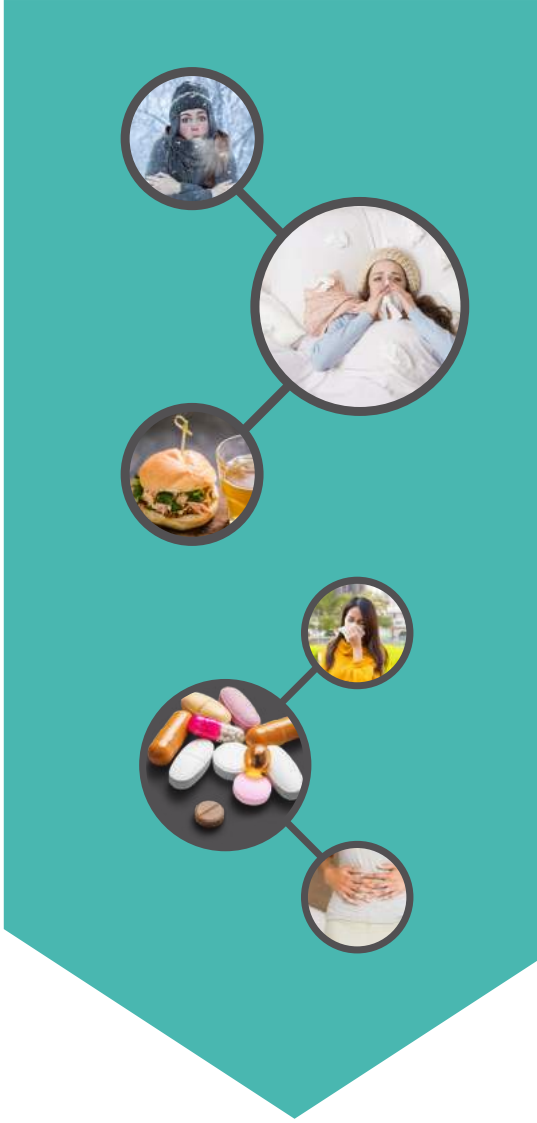
First-Aid Kit!



Here is our suggested items for First-Aid Kits

- **Hygiene:** Alcohol wipes, Gloves, Hand sanitizer
- **Cough/Cold:** Throat lozenges, Cough drops
- **Allergy:** Benadryl, insect sting relief, Hydrocortisone
- **Pain Relief:** Aspirin, Ibuprofen/Tylenol
- **Ears/Eyes:** lubricating eye drops
- **GastroIntestinal:** Antacid tab, Nausea/diarrhea meds, Motion sickness
- **Infections:** Topical antibiotic ointment, Anti fungal powder/cream
- **Other essentials:** Water Purification Tablets, Mosquito Repellent, Vitamins

Here are some of the supplies you'll need:

- Bandaids (various sizes)
- Butterfly bandages/steri-strips
- Gauze (flat pieces and rolled)
- SAM splint
- Tape
- Elastic wrap (Ace Wrap/Coban)
- Blood-stopping gel or gauze
- Triangular bandage for sling

Tools

- Tweezers
- Duct Tape
- Safety Pins
- Scissors
- Thermometer
- Sewing Kit

Packing

Have a personalized "Quick Kit" with you at all times

- Basic first aid items such as bandaid, Tylenol/ibuprofen Benadryl, piece of candy, tape, safety pin, rehydration tablets, gloves
- Baby wipes/Sanitation Wipes, Hand sanitizer
- Sunscreen
- Chapstick
- Bug Repellent
- Headlamp

Travel with Purpose

"A mind that is stretched by a new experience, can never go back to its old dimensions"

Oliver Wendell Homes

Personal Gear

- ☑ Travel Pillow
- ☑ Ear Plugs/Eye Shield
- ☑ Money Belt
- ☑ Snacks

Documents

Keep a copy of these in your email & in your luggage

Passport (with copies)
Visa (if required)
Drivers License (with copies)
Plane Ticket (printed and uploaded/emailed)
Travel Itinerary
Health Insurance/Travel Insurance Card
Emergency Contact Card: Credit cards/cash
Business cards/resume/certificates if appropriate

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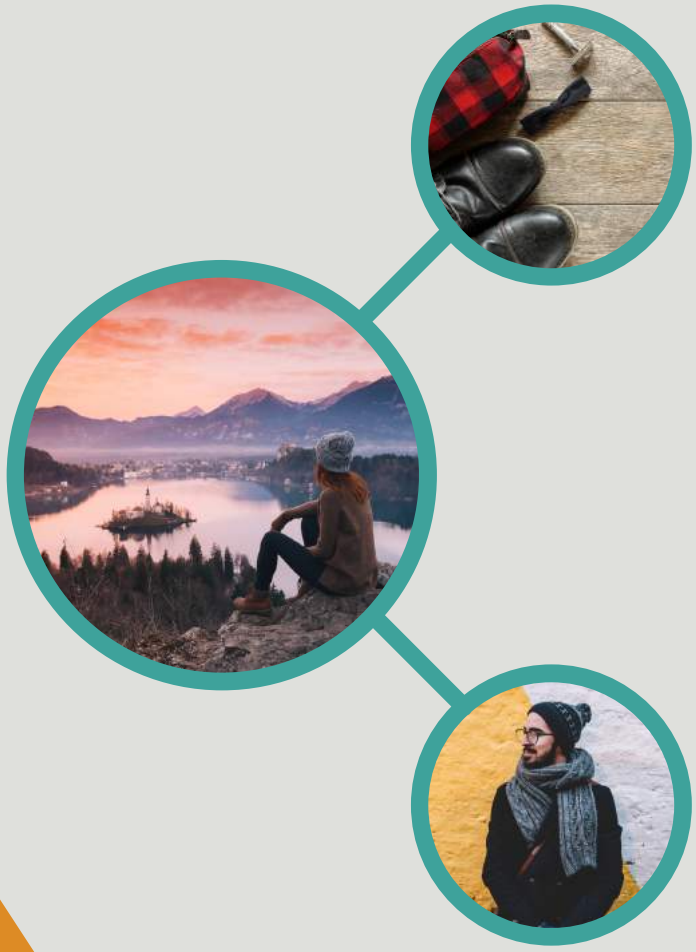
Clothing

Bottom layers for a typical 10 day trip

- Lightweight hiking boots or running shoes with good traction soles
- A pair of supportive sandals (Chacos/Tevas)
- Socks (a few lightweight and at least one pair that is medium/heavyweight)
- 4-6 pairs of underwear
- 2-3 pair of lightweight trekking/travel pants
- 1-2 pair lightweight shorts



Other items

- ✓ Language/phrasebook
- ✓ Journal, Field Guides/Travel guides
- ✓ Book/reading material
- ✓ Treats/Gifts for host
- ✓ Cards & Games

Clothing

Top Layers:

2-4 quick-dry, lightweight travel shirts
1-2 Smart-wool, or similar, thin base layer, long sleeve shirts for dawn and dusk mosquito protection
Sweater or polar fleece pullover
One warm, windproof jacket for early mornings
Comfortable sleepwear
Swimsuit
Sun hat & Warm hat (beanie)
Under garments

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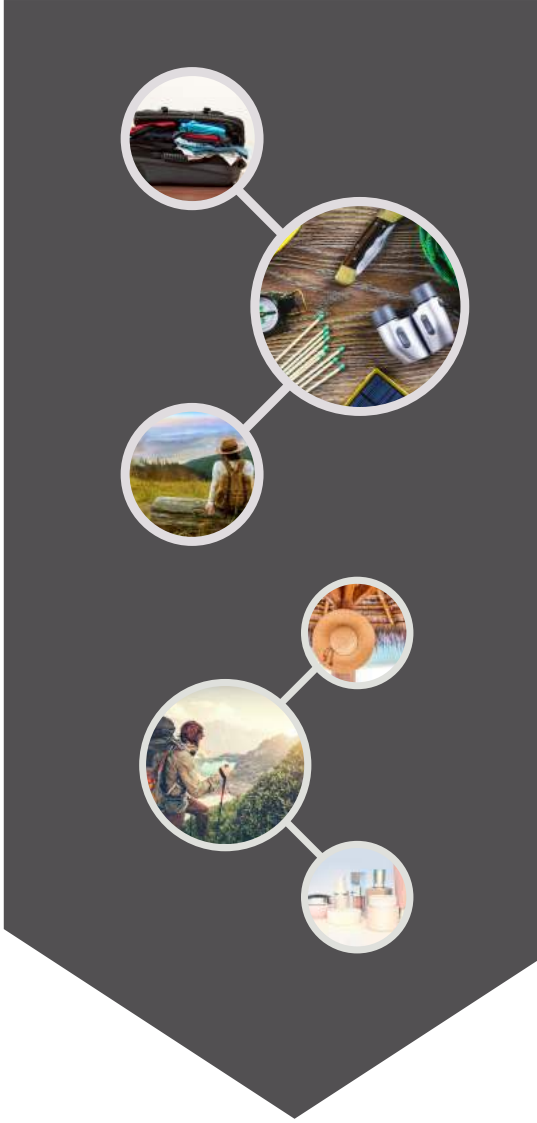
Gear



Must haves:

- [ ] Pancho/Raincoat
- [ ] Travel Towel
- [ ] Lightweight day pack
- [ ] Sunglasses
- [ ] Sleep sheet
- [ ] Luggage Tags
- [ ] Luggage locking devices
- [ ] Reusable water bottle
- [ ] Coffee mug
- [ ] Mosquito net

Personal items:

- [ ] Menstrual products
- [ ] Prescription glasses
- [ ] Sunglasses
- [ ] Sunscreen
- [ ] Sun hat
- [ ] Bandana/Scarve

Toiletries

- [ ] Tissue/toilet paper
- [ ] Water purification
- [ ] Sunscreen
- [ ] Toothbrush/toothpaste/dental floss
- [ ] Shampoo/Conditioner, Lotion Deodorant
- [ ] Cosmetics, Mirror, Deodorant
- [ ] Contacts/Glasses
- [ ] Comb/Brush
- [ ] Nail file/clippers, Razer

Things that often come in handy!

- Zip lock bags
- A Trash bag
- Duct Tape
- Travel clothesline
- Batteries/ Charger
- Sewing kit

Electronics

- [ ] Cell phone, with charger
- [ ] Camera with extra batteries and extra memory cards
- [ ] Headphones
- [ ] Travel adapter and converter. Electrical sockets
- [ ] (outlets) in Kenya are the "Type G " British BS-1363 type
- [ ] Alarm clock (with extra batteries)
- [ ] Solar charger
- [ ] Charge Station

Best travel apps

MOBILE PASSPORT:

accepted in 24 US international airports, helps you skip the line & paperwork at customs. https://mobilepassport.us

LOUNGEBUDDY:

LoungeBuddy: app tells you which lounges you can access at any given airport including free ones. www.loungebuddy.com

SKYSCANNER:

a helpful resource for finding cheap flights. www.skyscanner.com/mobile

TRAIL WALLET:

easy way to track expenses while traveling. http://voyagetravelapps.com/trail-wallet/

PRIORITY PASS:

allows access to more than a thousand lounges worldwide, including meal vouches at various airport restaurants. www.prioritypass.com

XE CURRENCY CONVERTER:

provides live, up-to-the-minute currency rates. https://www.xe.com/currencyconverter/

HOTEL TONIGHT:

reliable service showing last minute hotel deals in your location. www.hoteltonight.com

PACK POINT:

traveling planning and packing app based on your demographics. https://www.packpnt.com

WHATSAPP:

great messaging service for travelers to utilize while abroad. www.whatsapp.com

SKYPE:

free app for free video and voice calls. https://www.skype.com/en/

GOOGLE TRANSLATE:

can translate more than 100 languages and several dozen languages offline. translate.google.com

FLIO:

provides several helpful airport information such as lounges, layover hotels, how to get in/out of the city, airport layout as well as restaurant deals and discounts. www.flio.com

VPN:

(virtual private network) - IP Vanish: Helpful Cyber Security. www.ipvanish.com/?a_aid=15426&a_bid=48f95966

NOAA WEATHER RADAR

best and most up to date travel-weather app, just enter your zip-code. www.weather.gov/wrn/mobile-phone

TRAVWELL:

vaccine recommendations, disease outbreaks and emergency phone numbers. travewell.com

STAR WALK 2:

excellent astronomy app that instantly shows you constellations just by placing your smartphone up towards the sky. https://itunes.apple.com/us/app/star-walk-2-guide-to-night/id892279069?mt=8

ICE APP:

Ice App transforms your phone's lock screen into a storehouse of health information: medications, medical history, provider and emergency contacts. https://itunes.apple.com/us/app/ice-medical-standard/id412786820?mt=8

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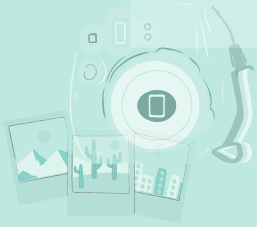
WE HOPE THIS GUIDE WAS HELPFUL!

Traveling is one of the most rewarding experiences we can invest in. Taking the time to properly plan for your adventures will be crucial to how safe and enjoyable your journeys will be. We hope you found this guide helpful! More tips are shared in our monthly newsletters!

Safe Travels Everyone!

~The MedTreks Team



"Traveling....it leaves you speechless, then turns you into a storyteller"

~ Ibn Battuta

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