

Travel Medicine Checklist

Drug	Trade name	Use			
Analgesic	Panadol Tab	To relief pain			
Antihistamine tablets	Claritine Tab	For bites, stings or allergies.			
Cold and flu tablets	Congestal Cap	To relief cold symptoms			
Cough medicine	Selegon Tab	To relief cough			
Motion sickness tablets	Dramamine Tab	For Motion sickness			
Throat lozenges	Strepsils	For sore throat			
Antiseptic solution	Betadine Antiseptic	To clean wounds or bites			
Wound patches	Betadine Antiseptic	For wounds			
Antiseptic ointment	Ointment				
Insect repellent	Off spray	Decrease risk of bites			
Sting relief solution	Stingose	To treat bites & stings			
Diarrhea medicine	Pepto-bismol	To stop diarrhea			
Mild laxative	Lactulose syrup	To treat constipation			
Antacid	Rani Eff	For indigestion			
Antifungal or antibacterial cream	TopFlam cream	Provide relief from itching and burning			
Low potency hydrocortisone cream	Hydrocortisone cream	Anti-inflammatory			
Eye lubricant drops	Tears Naturale	Relief from the symptoms of dry eye			
Earplugs	Earplugs	Protecting your ears against loud noises, Promote sleeping			
Sunscreen	Bioderma sunscreen	Protect skin from the damaging UV rays			
Tooth brush	Oral B	Clean teeth			
Relaxing scents	Lavender Essential Oil	Maintain Relaxation			
Eye mask	Eye Mask	Cover Eyes, promote sleep			
Travel Compression Socks	Travel Compression Socks	Protect legs from getting swollen, especially in Varicose veins			



Travel Medicine Color Guide

Puja Mehta



Travel Medicine Color Guide:

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