

## Medical.

- Vaccination card.
- Health insurance certificate.
- Yellow fever certificate.
- Mefloquine – anti malaria tablets.
- Anti malaria remedy [fansidar, malarone, halfantrine or quinine sulphate].
- 3 courses of antibiotics.
- Large first aid kit.
- Small first aid kit.
- Rehydration mixture.
- Anti diarrhoea remedy.
- Anti-histamine tables.
- Anti-inflammatory tables.
- Sun block.
- Paracetamol.
- Vitamin and/or iron tablets.
- Throat lozenges.
- Lip lubricant.
- Insect repellent.

