



## EMERGENCY MEDICAL KIT: FOR HOME AND TRAVEL

Dear valued customers,

Our team at Schwan Apotheke would be happy to help you assemble a personalized medical kit for everyday emergencies at home or on your travels. The following list will help you identify which meds and equipment are most essential for you. Any questions? Please don't hesitate to ask us for assistance or advice!

### The basics

- Bandages and dressings,
- Elastic bandages
- Antiseptic spray
- Thermometer
- Fever and pain medication
- Travel sickness medication
- Diarrhea medication
- Sunscreen
- Cold and flu medication (flu-related aches and pains, sore throat, cough, nasal decongestant)
- Don't forget your regular medication. When travelling, always bring twice the normal amount – just in case!
- Scissors and medical tweezers

### Don't forget

- Passport, travel documents
- Medical attestation (in English) signed by a physician verifying the necessity of specific medications, syringes, etc. on your travels
- Cold pack for medications requiring cool storage
- Airplane hand luggage: Liquids must be stored in a clear, resealable plastic bag
- Maximum size: 100ml (!)

### Individual needs

- Laxatives
- Antacid or meds for stomach pain
- Meds for faintness or dizziness
- Allergy medicine (pills, eye drops, nasal spray)
- Sleeping aids
- Ear plugs
- Fever blister treatments
- Eye drops (anti-inflammatory)
- Eye drops and nasal spray (moisturizing)
- Ear drops
- Antihistamine gel
- Cortizone creme
- Ointment for strains, sprains and bruises
- Anti-inflammatory ointment
- UTI treatment
- Creams for vaginal itching or burning
- Special blister bandages
- Athlete's foot cream
- Magnesium and other mineral supplements
- Insect repellent
- Tick removal kit
- Sanitizer (hand/surfaces)
- Condoms

### Öffnungszeiten