

## Travel Health Kits

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### OVERVIEW

Regardless of the destination, all international travelers should assemble and carry a travel health kit. The contents of a travel health kit should be tailored to the traveler's needs, type and length of travel, and destinations. Kits can be assembled at home or purchased at a local store, pharmacy, or online.

A travel health kit can help to ensure travelers have supplies they need to:

- Manage preexisting medical conditions and treat any exacerbations of these conditions
- Prevent illness related to traveling
- Take care of minor health problems as they occur

By bringing medications from home, travelers avoid having to purchase them at their destination. Even when the quality of medications is reliable, medications people are used to taking at home may be sold by different names or dosage units in other countries, presenting additional challenges.

### COMMERCIAL MEDICAL KITS

Commercial medical kits are available for a wide range of circumstances, from basic first aid to advanced emergency life support. Many pharmacy, grocery, retail, and outdoor sporting goods stores sell their own basic first aid kits. Travelers who choose to purchase a health kit should review the contents of the kit carefully to ensure that it has everything needed. Additional items may be necessary and can be added to the purchased kit.

For more adventurous travelers, a number of companies produce advanced medical kits and will even customize kits based on specific travel needs. In addition, specialty kits are available for managing diabetes, dealing with dental emergencies, and handling aquatic environments. Below is a list of websites supplying a wide range of medical kits. There are many suppliers, and this list is not meant to be all-inclusive.

- American Red Cross: [www.redcrossstore.org](http://www.redcrossstore.org)
- Adventure Medical Kits: [www.adventuremedicalkits.com](http://www.adventuremedicalkits.com)
- Chinook Medical Gear: [www.chinookmed.com](http://www.chinookmed.com)
- International Medical Center: [www.traveldoc.com/products/kits.aspx](http://www.traveldoc.com/products/kits.aspx)
- Travel Medicine, Inc.: [www.travmed.com](http://www.travmed.com)
- Wilderness Medicine Outfitters: [www.wildernessmedicine.com](http://www.wildernessmedicine.com)

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