

Medical Kits for Travellers



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'Travel Health Information for Professionals'

Group 1

- Design a medical kit for PERSONAL USE
 - Individual is going to Africa to do a safari and see the Gorillas
 - Travelling Namibia, Botswana, Zambia, Malawi, Tanzania, Kenya, Uganda, Rwanda
 - Duration of travel 5 weeks
- What would you plan to treat/prevent
- What would you put in the kit
- Would you use antibiotics?
 - Which one(s)
- Would you use anti-diarrhoeals
- **JUSTIFY ALL YOUR CHOICES**



Group 2

- Design a medical kit for A FAMILY OF TWO ADULTS AND TWO CHILDREN (5 AND 18 MONTHS)
 - Family is going to Bali
 - Travelling via an over-night stay to Sydney, then direct to Bali
 - Duration of travel 3 weeks
 - Will visit the beaches near Kuta
 - Planning to go to Ubud
 - Monkey farm
- What would you plan to treat/prevent
- What would you put in the kit
- Would you use antibiotics?
 - Which one(s)
- Would you use anti-diarrhoeals
- **JUSTIFY ALL YOUR CHOICES**



Group 3

- Design a medical kit for an EXPEDITION
 - Group of 10 Individual is going to Nepal to climb to Base Camp, Everest
 - Travelling to Kathmandu individually
 - Fly into Lukla and then trek up to base camp
 - Duration of travel 6 weeks
- What would you plan to treat/prevent
- What general items would you put in the kit – generalities OK, as no time for specifics
- Would you advise the individuals to bring any of their own items or would you supply
- What general non-therapeutic items would you bring
- JUSTIFY YOUR CHOICES



Group 4

- Design a medical kit for an SCHOOL TRIP
 - Group of 30 BOYS AND GIRLS is going to North Thailand and thence to Ankor Wat
 - Staying at a village camp two hours from Chiang Mai for 8 days
 - Cambodia travel to Ankor Wat and P Penh – ‘Killing Fields’ trip
 - Duration of travel 18 weeks
- What would you plan to treat/prevent?
- What therapeutics would be taking with you – why?
- What medical conditions would you wish to know of before you travel with the group?
- What would you ask the individuals to take with them?
- What general non-therapeutic items would you bring
- **JUSTIFY YOUR CHOICES**

