Haemorrhoid crea Thermometer Cold sore cream

 Dental emergency kit
 Sterile surgical kit Antimalariai tablets

ot salt in 1 litre of water. level spoons of sugar & 1 level spoon Lou can make own by mixing (well) 8

Also consider dependent upon destination:

case you are unavailable to communicate. It appropriate wear your alert bracelet or at least have this information on your person in

Cutonic Diseases (e.g. Diabetes):

Allergies (e.g. Penicillin):

Personal Medical information:

		Сһоlега	
		Rabies	
		A sitits B	
		Japanese Encephalitis	
		Certificate:	
		Yellow Fever	
		bionqyT	
		ezuənlini	
		3 sifitsq9H	
		A sifitsqeH	
		TB/BCG	
		Diphtheria	
		oilo9	
		Tetanus	
рээМ	ЭувН	Vaccination	
א אוטטופווז ווו נוואווא אמניא טו נוופ איטוע			

Painkillers Painkillers Anti-diarrhoea Thy to use only in an emerg ablate a countries Thy to use only in an emerg ablate a countries Thy to use only in an emerg ablate a countries Thy to use only in an emerg ablate a countries Thy to use only in an emerg ablate a countries Thy to use only in an emerg ablate a countries The coule non-specific districts and a countries assists To prevent and clear, Various and states Sterier and clear and states Sterier and clear and states To prevent infecting on bein and the complaints To prevent infecting on bein and the complaints To prevent infecting on bein and the complaints To cream To cream To close wounds	Suggested First Aid Kit				
Anti-dismines and modester peak of modest peak of modester peak of modeste	Purpose	meji			
tablets for acute non-specific diarr Rehydration of the case when dehydrated, aspecially when dehydrated, aspecially when auffering diarrhoea suffering diarrhoea suffering diarrhoea shapes and sizes wound clean. Various gloves in the cited when treating wound clean. Various gloves in the cited when treating wound clean. Antiseptic for its seases acuch as athleter cream foot or thrush. To prevent wound intection cream and telleve skin complaints foot or thrush. Steri-strips foot or thrush. Steri-strip foot foot or thrush. Steri-strip foot foot or thrush. Steri-strip foot foot foot foot foot foot foot foo	Odeine is not allowed in	Painkillers			
asits* dehydrated, especially whe auffering diarrhoea auffering diarrhoea aufering diarrhoea Blasters Stope bleeding and keeps wound clean. Various gloves a present infection division for thrush. Sterie latex and sizes foot or thrush. To prevent wound infection and relieve skin complaints for the series auch as athletes cream and relieve skin complaints for the postile. To prevent wound infection cream and steries and sizes and sizes and sizes and sizes. To prevent wound infection for the postile of the postile	Try to use only in an emergency for acute non-specific diarrhoea				
Plasters Storile latex Storile latex Storile latex Storile latex Storile latex Storile latex Antifungal For issues auch as athleter froat or thrush. Antiseptic Cream Steri-strips Doulled (dropper Doulled when treating wound intection and relieve skin complaints fordine (dropper Districting wounds.) Steri-strips To close wounds. Steri-strips To close wounds. Steri-strips To close wounds. Steri-strips For sprains To accure bandages, bliste bandages For allergic rescritors e.g	dehydrated, especially when				
Micropore tape Annihistamine Sharine latex Sterile latex Sterile latex Sterile latex Antifungal Antifungal For issues such as athleter foot or thrush. To prevent wound intection and relieve skin complaints and relieve skin complaints budding dougher Disinfecting wounds, Durtleyper Crepe To close wounds To close wounds Steri-strips To close wounds To close wounds To allergic rescritors e.g	Disinfecting wounds	seqiw lodoolA			
gloves Infected when treating woun freshing woun foot or thrush. Antiseptic To prevent wound infection and relieve skin complaints and foot or thrush. Cream Durflying water Define (dropper Durflying water Define) Crepe To secure bandages, bliste bandages Crepe To secure bandages, bliste bandages Crepe For allergic rescrions e.g	wound clean. Various	sıətsıl			
cream foot or thrush. Antiseptic oream and relieve skin complaints and relieve skin complaints ordine (dropper Disinfecting wounds, Sten-strips To close wounds Crepe To secure bandages, bliste bandages Antihistamine For allergic rescrions e.g	To prevent infecting or being infected when treating wounds				
oream and relieve skin complaints fodine (dropper Distriberding wounds, Detriettips To close wounds Distriberdings or To close wounds Distriberdings To secure bandages Distributions to the Por allergior reactions e.g. Antihistamine For allergior reactions e.g.	For issues such as athletes foot or thrush.				
bottle) purifying water Steri-strips To close wounds Crepe Tor sprains Micropore tape To secure bandages, bliste Antihistamine For allergic reactions e.g.	To prevent wound infection and relieve skin complaints				
Crepe Bandages To secure bandages, bliste Micropore tape For allergic reactions e.g.					
bandages Micropore tape To secure bandages, bliste Antihistamine For allergic reactions e.g.	To close wounds	Steri-strips			
Antihistamine For allergic reactions e.g.	Fot sprains				
	To secure bandages, blisters	Micropore tape			
tablets haytever, insect bites	For allergic reactions e.g. hayfever, insect bites				
Tweezers For removing splinters	For removing splinters	Tweezers			

It is worth noting that counterfeit drugs are a problem in many parts of the world. repeat prescription or doctor's letter. Take enough to cover emergencies as well. Take prescription drugs in original packaging and with a copy of prescription, pregnancy or your general health may expose you to additional travel risk. including routine vaccinations. Your doctor can advise if pre-existing conditions, Ensure routine medical and dental checks are up to date prior to travel,

Health

- but in grab bag at night. csrd securely on your person phone and emergency contact Carry your wallet, passport,



lf relevant: Insect repellant (preferably 50% DEET)		Emergency contact card	
hdaptor		Personal alarm	
cream, hat, sun glasses		Ешегдепсу сазh	
Some locations: Sun		Torch	
Door wedge		Spare glasses/ contact lenses	
Prescription drugs (main supply)		Prescription drugs (for 48 hours)	
(see next page)		Important paperwork	
First Aid Kit		Yellow Fever certificate	
tiy dasW		Laptop and charger	
climate business environment local culture		sbare battery charger (powerbank) or Emergency phone	
Clothes suitable for:		Phone charger	
gs8 nisM	Среск	Everyday/Grab bag	Среск

or look wealthy. With clothing, accessories/jewellery and equipment - try to not stand out

Use discreet, secure bags that don't advertise the contents.

Packing List

Vehicle Checks

- Tyres
- Seatbelts Locks
- Windows
- (Taxi) meter, licence
- Driver
 - Sober
 - Speaks language
 - Knows destination

If in a remote or high risk location:

- Emergency procedures
- Alternative routes

Advisorv:

Unless essential avoid self-driving. A trusted driver can act as an extra layer of security, a diplomat and translator and can add considerably to the safety and success of your trip. If local script is different, ask your hotel to write down key locations for you to show a driver if required.

Accommodation Checks

- Avoid rooms on the ground floor as they are easier for criminals to access.
- Ask for rooms near the lift as there is greater footfall, making them safer.
- Ensure reception hasn't announced your room number, if they do request a new room.
- Ask reception not to tell anyone your room number.
- Avoid adjoining rooms, or interlocking balconies.
- Check door locks, and has deadlock and peephole.
- 7. Smoke and fire detectors/alarms.
- 8. Safe is secure and works.
- Read fire safety plan.
- 10. Walk route to exit, count doors along route (in case of poor visibility), check exit opens and is clear beyond.
- 11. Dead lock door when in room, if no deadlock use a door wedge.
- 12. Secure valuables in safe.
- 13. If not expecting anyone do not answer door.



beTravelwise

7

TRAVEL WISE **COURSE CHECKLISTS**

This fold up leaflet provides checklists related to the course you have just completed. Some are to help your preparation, some for use on the ground - it can also act as a paper back up of your important emergency numbers.

Understanding your destination allows you to mitigate risk and increases your confidence. This in turn allows you to be more productive and reduces the stress of travel.

The more preparation you do before travel the better, however as a minimum:

- Check whether there are any travel restrictions by your government
- Check the health risks
- Check your passport expiry date and any visa requirements
- Arrange transport from destination airport to hotel
- Have the following contact details:
 - Hotel
 - Car Company
 - Assistance/ Insurance
 - Local Embassy/ consulate

Remember, further resources are available at: www.betravelwise.com/resources

Safe travels from the beTravelwise team.





Documents:	Country & Culture:	Research > Beha	viour
Passport Visa/pre-travel authorisation Insurance	Country Background	advisories to understa	und: read government & other nd more about your on your first trip there.
Tickets Reservations Guidebook Copy of docs			e there any upcoming elections hich will disrupt your trip.
Copy of docs Scans of docs If required: Yellow Fever Cert. Driving License	3. Culture sensitive dates: Ram		be language issues. Are they dan and public holidays. Are nen different to your home.
Other:	beTravel	wise	Accommodation:
Health: Check ups: Medical Routine vaccinations Dental Eyes Trip specific: Vaccinations Antimalarials Yellow Fever Prescription drugs Repeat prescription	From your itinerary: Where are you going? Documents Country & Culture Health Insurance When are you going and for how long? Accommodation Journey management Finance Home preparation		Have you checked (use online review sites): In safe area Security appropriate for location Women only or business floors Reservation Confirmed Early/late check in Special requests: 1
Spare glasses/ Contact lenses	Who can help you? Contacts	Contacts: Work emergency contact:	
Any other personal factors: 1 2	Credit cards	Insurance: Read your travel	Hotel: Local office/client:
Journey Management: Trip details recorded with: Work Family Dependent upon location: Assistance/security Do you need to actively check in? If yes, to who: Cash - do you have enough for the trip? - do you have discreet storage? - do you need local or hard currency? Emergency source (hidden spare card or cash) Travel Wallet (contains only what you need for one trip)	- do you have enough for the trip? - do you have discreet storage? - do you need local or hard currency? Emergency source (hidden spare card or cash) Travel Wallet (contains only what	insurance. Are you covered for all possessions/activities? Work related (especially if client organised activity) Own time (do you have any non-work activities planned during your trip and are you covered by your insurance?)	Transport company: Driver (if specified): Insurance: Assistance (if different to insurance):
When (at what time?) Phone number:	Home Preparation: Is your home safe while trav long are you away, what me you in place?	-	Local embassy/consulate: Other: