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Travel First-Aid Kit

The holidays are about to begin, but what do you have to check before travelling? What do you put into a first-aid kit for children?

Check before travelling:

Have the vaccination documents of children and adults controlled by a doctor.

Some countries require **special vaccinations**, which have to be carried out well before (1-2 months before the trip).

We are happy to discuss your questions and carry out the necessary vaccinations for children as well as adults.

Health insurance documents for overseas travels are available from your health insurance company. For some countries an additional private health insurance is recommended.

Purchase before travelling:

Plasters and dressing material, disinfecting ointments for injuries (such as PVB-Salbe or Nabacen-Salbe), because injuries do not heal easily in warm countries and tend to become infected.

Electrolytical dissolutions (such as Oralpädon or GES 6) against vomiting and diarrhoea. When travelling to tropical countries remember to eat only things you can peel or cook!

Protection against sunburn. The best protection from the sun is shade and long clothing (including headgear). Suntan lotion is recommended when direct sunlight cannot be avoided. Please use suntan lotions with a protection factor of 30 or higher, preferably non-chemical. Try the lotion out at home before travelling. Remember: Sunburn on children's skin may lead to skin cancer!

Protection against midges (depending on destination): mosquito net, long clothing for the evening, possibly repellents (such as Autan), insect bite gels (Fenistil-Gel or Soventol) against itches. Remember that avoidance is better than suffering! Take care: Chemical mosquito lotions (such as sprays, mosquito coils or electric repellents) can be harmful and are not tolerated by everybody.

Fever remedies (in warm areas preferably suspension or tablets rather than suppositories as these can melt).

Important: German health insurance companies do not usually pay for travel medication, medical travel advice or travel vaccinations.

We are happy to inform you of current requirements.