

## Checklist: Travel first aid kit Australia

### Everything for your travel first aid kit for Australia:

#### Sun protection

- Sun cream
- Sunglasses
- Sun hat or other head covering
- Aftersun and/or moisturiser

**Please note:** Levels of UV radiation in Australia should not be underestimated. Use sun cream with a high sun protection factor (at least 35). In Australia, sun creams with higher protection factors than those in Switzerland are available. Ideally, buy additional products when you reach your destination.

#### Allergies and insect bites

- Insect repellent (ideally containing the active ingredient DEET and icaridin)
- Insect stick or cream for treating insect bites
- Treatments for allergic reactions (e.g. antihistamines)

**Please note:** If severe swelling or redness appear around the insect bite, you should see a doctor.

#### Hygiene and protection against germs

- Soap
- Hand sanitizer
- Disinfectant wipes and surface disinfectant
- Face masks

#### Nausea and gastrointestinal issues

- Medication for treating travel sickness or nausea
- Anti-diarrhoea medication
- Medication for treating constipation

#### For wounds and grazes

- Antiseptic
- A range of plasters: in various sizes, blister plasters, water-resistant plasters
- Gauze pads, sticking plasters and elastic bandages
- Quick bandage

#### Fever and pain

- Fever-reducing pain medication
- Anti-inflammatory pain medication
- Thermometer

**Please note:** Avoid medications with the active ingredient acetylsalicylic acid. These can worsen the effects of some tropical diseases – such as Dengue fever or malaria. Dengue fever can occur in Australia in isolated cases. For instance, some cases were reported on the Cook Islands at the end of 2020. However, good mosquito protection is recommended throughout the country.

#### Colds

- Cough and/or throat sweets
- Nasal drops
- Ear drops

#### Equipment for every travel first aid kit

- Disposable gloves
- Scissors
- Tweezers

#### Custom content

- Any personal medication (ideally discussed beforehand with your doctor)
- Contact lenses, cleansing agent, spare glasses
- Medication for children
- Medication for the dog
- The pill/condoms

**Please note:** In Australia there are strict customs regulations and import restrictions for medication. These include growth hormones and steroids. Check whether you can take the medications you need with you.

#### → Australian Border Office: Can you bring it in?