

Checklist:

Travel first aid kit Egypt

Everything for your travel first aid kit for Egypt:

Sun protection

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

Allergies and insect bites

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

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

Please note: Taking anti-malarial treatments with you is not currently recommended for trips to Egypt. The last malaria outbreak was recorded in Aswan in 2014 with 21 cases.

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

Tip: ideally prevent this before travel with probiotics

For wounds and grazes

- Wound disinfectant
- A range of plasters: in various sizes, blister plasters, water-resistant plasters
- Gauze pads, gauze bandages and elastic bandages
- Quick bandage
- Disposable gloves

Fever and pain

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

Please note: To be safe, avoid medications with the active ingredient acetylsalicylic acid. These can worsen the effects of some tropical diseases – such as Dengue fever. Dengue fever is not widespread in Egypt. But caution is advised on the Red Sea coast, for instance in El Quseir and Hurghada.

Colds

- Cough and/or throat sweets
- Cough syrup
- 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