

Checklist:

Travel first aid kit Thailand

Everything for your travel first aid kit for Thailand:

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

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

- Treatments for allergic reactions (e.g. antihistamines)
- Anti-malaria tablets

Please note: The malaria risk in Thailand is minimal. Good mosquito protection is required particularly in rural areas and along the border with Myanmar. Talk to a doctor specialising in tropical medicine about whether you should carry anti-malaria treatment for your specific travel itinerary or if you should take these in advance.

Hygiene and protection against germs

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

Nausea and gastrointestinal issues

- Medication for treating motion 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, sticking plasters and elastic bandages
- Quick bandage

Fever and pain

- Thermometer
- Fever-reducing painkillers (with active ingredient paracetamol)
- Anti-inflammatory pain medication

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 is prevalent throughout Thailand.

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: some illnesses prevalent in Thailand – such as Zika virus – are sexually transmissible. Use additional protection for intimate contact (condoms).

Ideally find out about the main illness and risks in Thailand before you travel. You can find all travel information and more detailed instructions for optimum insect protection in our blog article on this topic. Our health consultation advisors are happy to help you with any other questions you may have.