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A sample medical kit for traveling with a child to a developing country

- **Child's health records:**
 - Immunization record.
 - Chronic medical conditions
 - Names and dosages of medications the child takes
 - Blood type
 - All allergies
- **Prescription medications** (adequate supply for full length of stay)
 - Medication for unexpected exacerbation of a chronic condition (such as a course of steroids for asthma, even if it is well controlled)
 - Epinephrine pens
 - Ciprofloxacin or azithromycin for traveler's diarrhea (bismuth subsalicylates [Pepto-Bismol, Kaopectate] or loperamide [Imodium] for older children and adults)
 - Medication to prevent malaria
 - For remote travel: cephalixin or antibiotic for cellulitis, medication for treating malaria (not for your children)
- **Extra pair of prescription glasses**
- **Basic first aid supplies** including bandages, moleskin for blisters, water-resistant tape, gauze to cover wounds, wound closure strips (Steristrips)
- **Over-the-counter medications** including Acetaminophen or ibuprofen, antihistamine, antibiotic ointment, topical antifungal preparation, cortisone cream, cold medication, decongestant.
- **Skin barrier protection for children in diapers (petroleum jelly, zinc oxide)**
- **Insect repellent containing DEET**
- **Sunscreen**
- **Thermometer**
- **Oral rehydration packets**
- **Water purification system and/or iodine tablets**
- **Flashlight**