

MEDICINES TO TAKE DURING TRAVELLING

Along with the prescribed medicines by the doctor, we need to take some additional medicines which are very useful during travel. They are -

- **Antibiotic ointments to prevent infections in wounds , cuts and scrapes etc.**
- **Creams like Burnol, Polysporin etc which heals burns quickly.**
- **Corticosteroid ointments to give relief from itching and reduce inflammation from bites etc.**
- **Take medicines like Acetaminophen , Ibuprofen , Paracetamol to reduce headaches , fever , toothaches etc.**
- **Digestive tablets like Digene , Enzyplex , Diagexo etc to reduce the feeling of constipation and gas. These feelings are mainly caused by eating oily foods , outside foods etc.**
- **Also take medicines like Combiflam , Volini etc which are best in giving relief from Body pains , Joint pains etc**

OTHER THINGS TO TAKE ALONG WITH MEDICINES

- **Adhesive bandages to cover the wounds and cuts which reduces the infection.**
- **Adhesive tape to stick and hold the bandages tightly and firmly.**

- A small bottle of Hydrogen Peroxide and Cotton swabs which are used to remove the dust from nails and ears.
- A roll of Cotton is must while travelling because it -
 - 1.) Helps in cleaning the wounds
 - 2.) Used for applying ointments and creams
 - 3.) It is also used for covering the cuts , burns etc.

DON'T FORGET TO TAKE THE EMERGENCY MEDICAL KIT WITH YOU WHEN GOING TO A JOURNEY.