

## Suggested Medical Kit Checklist

While we do not claim to have the ultimate medical kit checklist, years of sailing experience have helped us to come up with the following list, which you might find useful when preparing for your trip.

Note: For advice on medical issues always, consult doctor. This list is not suitable for long sea journeys. Please always read the patient information leaflets enclosed in any medication you take.

Basics	
Dressing	Plaster (waterproof)
Anti-mosquito spray	Ear drops and eye drops
Wound disinfectant (e.g.: Octenisept)	Remedy against sore throat
Treatment for lip herpes	(e.g: Neo-Angin, Tantum Verde)
Nausea & Vomit	
Medicine	Behaviours
Paspertin (drops)	Bland diet (Tea, rusk, withe bread, no spicy foods, no extremely sweet foods, no alcohol, no cigarettes, no coffee, no carbonated drinks, no physical exercise
Zofran Zydys	
Stomach Ache / Acid Reflux	
Medicine	Behaviours
Pantoloc 40 mg	See nausea & vomit
Infection of the urinary tract	
Medicine	Behaviours
Diuretic tea	Drink enough!
Maybe antibiotics (e.g.: Triprim 200mg, Ciprofloxacin 500 mg)	
Diarrhoea	
Medicine	Behaviours
Imodium (2mg capsules)	Drink enough, bland diet, no physical exercise
Fever	
Medicine	Behaviours
Mexalen 500mg	Drink enough, bland diet, no physical exercise
Common cold	
Medicine	Symptoms / Behaviours
Aspirin 500 mg	Bed rest and no physical exercise
Mexalen 500mg	
Common pains (tooth-, headache,...)	
Medicine	
Parkemed 500 mg	Mexalen 500mg
Allergy / Sting / Itch / Rash	
Medicine	
Zyrtec 10 mg	Fenistil Gel
Sunstroke	
Symptoms	Behaviours
Headache, Stomach ache, Shivers	No physical exercise, shadow, (headgear), enough liquid intake
Sea sickness	
Medicine	Symptoms / Behaviours
Travel chewing gum (Superpep)	Headache, Dizziness, Nausea, Urge to vomit
	Our experience tells us that journey chewing gum helps against sea sickness and should be used before the illness
Vitamin C	Helps also against sea illness
Ethanethiol B6 / Vertirosan	
Sun burn	
Medicine	
Panthenol (ointment to apply (also for sunburn))	Fenistil Gel

Please stay healthy!

The whole Atoll Comfort Sailing Team wishes a pleasant stay and a well-earned holiday!