

Medical Packing List for a Long Distance Cycling Tour

Remember that nothing replaces the advice of a qualified doctor. So read this and then seek out the advice of your doctor or a travel medical clinic for final decisions on what medications to bring on your cycling adventure. We recommend you print this and review it with your doctor before deciding what to bring with you.

- Yellow Fever vaccination certificate
- Vaccinations record booklet
- Travel medical insurance details
- Prescription medication
- Anti-malaria medication*
- Anti-diarrheal medication
- Antibiotic for travelers' diarrhea *
- Topical wound cream for infections
- Antibiotic for wound infection
- Anti-inflammatory
- Simple painkillers
- Stronger painkillers*
- Throat lozenges
- Anti-spasmodic
- Oral re-hydration salts
- Antacid
- Anti-emetic
- Assorted bandages and gauze
- Sports tape
- Blister / saddle sore dressing
- Sunscreen
- Lip balm
- Zinc cream
- Nappy/diaper rash cream
- Moisturizing cream
- Alcohol cleaning wipes
- Insect repellent
- Hand sanitizer
- Wet wipes

*where required and recommended by a doctor

What to carry on the Bike

- Bandages, dressings, sterile gauze, tape, alcohol wipes
- Sunscreen (min SPF 30)
- Lip balm (min SPF 30)
- Anti-inflammatory/pain medication
- Re-hydration salts
- Hand sanitizer