



Lottirose
Travel easy. We pack, you enjoy.

TRAVEL HEALTH KIT



- Thermometer
- Antipyretics and painkillers
- Nasal aspirator
- Nasal spray with saline and mucous decongestant agent
- Expectorant/cough syrup
- Local painkillers in case of a sore throat or canker sores
- Local antihistamine
- Oral antihistamine
- Earplugs
- To treat illnesses with vomiting and diarrhea
- For smaller burns, sunburns
- Cream in case of skin irritation
- Tweezers to remove ticks
- Hand sanitizers in the form of gel, liquid or wipes

In case of more serious symptoms, a sickness that requires antibiotics, if the symptoms do not go away after initial treatment or if the condition of the child is getting worse, we need to ask for professional medical assistance. Do not try to survive the days that are left.

- A product that can disinfect the skin and injuries
- Band aids, sterile gauze sheets and bandages of different sizes
- Scissors
- Earpicks
- Repellent cream, spray
- Sunscreen lotion
- Physiologic saline + eyedropper
- Plastic bags
- ALL DAILY MEDICATION, INCLUDING MEDICATION FOR EMERGENCIES



Preventiv steps

- Probiotics
- Vitamina C
- Vitamin D

Antipyretics and pain killers

- Nurofen
- Panadol

Nasal drops, nasal sprays

- Sea water nasal spray (Physiomer)
- Nasopax

Coughing

- Babypront
- Prospan
- Ambroxol
- Ones that contáis Iceland lichen
- Plantado lanceolata syrup with pine bud

Sore throat

- Strepisils
- Tantum Verde

Vomiting and diarrhea

- Ors
- Humana
- Biogaia
- Normaflore
- Enterobull

Constipation

- LaxaClean

Allergies

- Cetrizin Hexal

Bites

- AfterBite
- Fenistil

Burning

- Irix
- Pantenol
- Aloe Vera

Wounds

- Betadine
- Octenisept

