

Traveling?



First Aid Kit for Traveling as advised by the World Health Organization:

- Oral rehydration salts (**Hydralyte powder or tablets**)
- Adhesive tape and bandages
- Antiseptic wound cleanser
- Emollient lubricant & eye drops
- Insect repellent and bite treatment
- Antihistamines cream or tablet
- Nasal decongestant
- Scissors and safety pins
- Simple analgesic
- Sterile dressing
- Clinical thermometer
- Sunscreens
- Ear plugs
- Tweezers
- Adhesive strips to close small wounds

Additional depending on destination and individual needs:

- Antidiarrheal medication
- Broad spectrum antibiotics
- Antifungal powder
- Antimalarial medication
- Bed net
- Medication for pre-existing medical condition
- Antibacterial ointment

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Don't travel without it!

Hydralyte™

Use under medical supervision



Travel and dehydration

FACT SHEET

Dehydration is the loss of body fluid and electrolytes through **vomit, diarrhea, urine, and sweat.**

Signs and symptoms of dehydration:

Increased thirst	Fatigue / Lethargy
Dizziness	Headaches
Dark yellow urine or decreased urine output	Sticky or dry mouth
Loss of skin elasticity	Irritability

Risks of dehydration while traveling:

Dehydration can occur due to traveler's diarrhea and heavy sweating (caused by increased exposure to the sun and/or increased physical activity).

Why use Hydralyte?

Hydralyte is scientifically formulated to contain the correct balance of glucose and electrolytes for rapid rehydration. The formulation is based on the World Health Organization criteria for effective rehydration.

Water or sugary drinks (i.e. soda or sports drinks) are not as effective as Hydralyte, as they do not adequately restore lost electrolytes, which retain the fluid.



Oral Electrolyte Powder

- Easy-to-prepare format, compact, and portable for travel and on the go.
- Packed with a measuring cup to allow for accurate dosing.
- Ideal for travel first aid kits.

Effervescent Electrolyte Tablets

- Compact in size to fit in luggage for traveling families, sports bags, backpacks, and diaper bags for moms on the go.
- Easy-to-use formulation—dissolve 2 tablets in 7 fl oz of water. No stirring required!

Use under medical supervision