

A relaxed start to the holiday

Are you packed and ready to go? Not forgotten anything?

This holiday checklist will ensure you don't leave anything important behind.

Your holiday checklist

- Passport (check expiry date)
- Visa (where required)
- International driving licence (where required)
- Travel insurance/health insurance card
- Travel documents
- Currency, bank or credit card (check expiry date)
- Inoculations (where required)
- Emergency telephone numbers and address lists
- Guidebooks, holiday reading, dictionary
- Camera, chargers, adapters where necessary (electricity)

Travel first aid kit*

- Personal medication that you take regularly
- Thermometer

Remedies for:

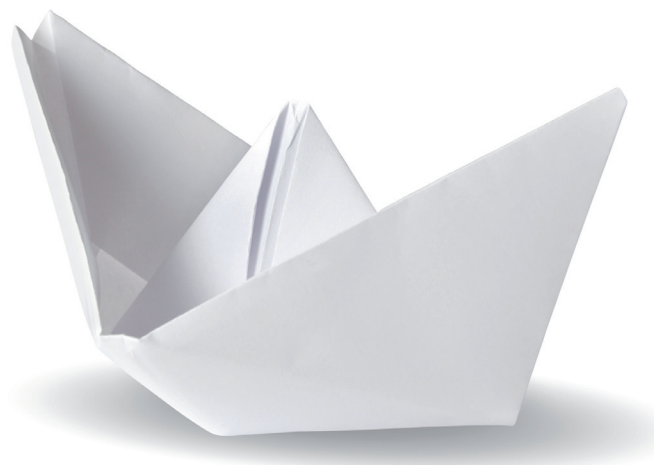
- Diarrhoea, vomiting (e.g. Bolus alba Comp., Pulver⁴)
- Nausea, indigestion (e.g. Gentiana Magen Globuli velati³)
- Sunburn, insect bites, grazes (e.g. Wund- und Brandgel¹)
- Blunt injuries such as pulled muscles or ligaments, contusions, bruises (e.g. Arnika Wundtücher²)
- Flu-like infections with a high temperature (e.g. Aconitum/China comp., Globuli velati⁵)
- Runny nose (e.g. Nasenbalsam⁶)
- Sore throat (e.g. Apis Belladonna Globuli velati⁷, Echinacea Mund- und Rachenspray⁸)
- Travel sickness (e.g. Aurum Valeriana Globuli velati⁹)
- Sore eyes (e.g. Euphrasia Augentropfen¹⁰)

Wound treatments and bandages:

- Wound disinfectant, healing ointment
- Plasters, blister plasters
- Gauze bandages, wound compresses
- Tweezers, scissors
- Disposable gloves, disposable syringes (for some destinations)

Also:

- Insect repellent
- Sun protection (cream, After Sun Lotion, sunglasses, hat)



*The precise contents of the travel first aid kit will depend on your destination, the length of your stay and the mode of travel. Pharmacies will help you put together a kit suitable for your individual needs. Seek medical advice if prescription medicines like malaria drugs or additional inoculations have been recommended for your particular destination.

Required product information

¹Wund- und Brandgel (gel for minor injuries and burns)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: First and second degree burns and scalds, sunburn, allergic and hyperergic skin disorders (dermatoses), insect bites and stings, grazes and ulcers.

²Arnika Wundtücher (arnica wipes)

Active ingredient: Arnica montana e floribus LA 20%. Indications are derived from the anthroposophical understanding of human beings and nature. They include: Stimulation of tissue and organ healing with particular emphasis on metabolic processes, e.g. for first aid after blunt injuries such as sprains and strains, contusions, bruises. **Warning:** Contains 25% (v/v) alcohol.

³Gentiana Magen Globuli velati (globules for the treatment of stomach complaints)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Harmonisation of motility and secretion in digestive disorders of the gastrointestinal tract, e.g. digestive weakness, nausea, vomiting, flatulence. **Warning:** Contains sucrose.

⁴Bolus alba comp. Pulver (powder for gastrointestinal complaints)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Harmonisation of the metabolic processes in the digestive system in disturbances of secretion and motility in the gastrointestinal tract, e.g. in diarrhoea, vomiting. **Warning:** Contains glucose and lactose.

⁵Aconitum/China Comp., Globuli velati

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Harmonisation of the interaction between ego and sensitivity organisation in febrile, flu-like infections. **Warning:** Contains sucrose.

⁶Nasenbalsam (nasal balm)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Harmonisation of the interaction of sensitivity organisation and life organisation in the mucous membranes of the nasopharyngeal areas and sinuses in conditions involving an impaired ability to dissociate oneself from outside influences and weakness of the life organisation, e.g. acute and chronic inflammation of the mucous membranes, tissue shrinking (atrophy), dryness and irritability. **Warning:** Contains wool fat and Balsam of Peru.

⁷Apis Belladonna Globuli velati

Indications are derived from the anthroposophical understanding of human beings and nature. They include: incipient and chronically recurrent inflammatory conditions with or without fever, particularly those of the oronasopharynx and the skin, e.g. cellulitis involving the superficial layers of the skin (erysipelas), inflammation of the breast (mastitis), inflammation of the lymphatics (lymphangitis), inflammation of the middle ear (otitis media). **Warning:** Contains sucrose.

⁸Echinacea Mund- und Rachenspray (mouth and throat spray)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Harmonisation of the sensitivity organisation in the oropharyngeal region in acute and chronic inflammatory conditions of the mucous membranes and the tonsils and in patients with a lymphatic diathesis. **Warning:** Contains 18% (v/v) ethanol.

⁹Aurum Valeriana Globuli velati

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Stimulation and harmonisation of the rhythmic system in neurovegetative dysregulation, functional heart complaints (including those of degenerative origin), nausea and vertigo. **Warning:** Contains sucrose and lactose.

¹⁰Euphrasia Augentropfen (eye drops)

Indications are derived from the anthroposophical understanding of human beings and nature. They include: Structuring of the fluid organism in the region of the eye, e.g. catarrhal conjunctivitis.