



TRAVEL TIPS

1. See a travel consultant

2. Ensure water safety - be an eco-warrior

Grayl Ultralight Water Purifier and filter

This water purifier provides filtered, safe and clean drinking water in less than 15 seconds.

Removing greater than 99.9 % of disease-causing viruses (e.g. Hepatitis A, Rotavirus), bacteria (e.g. E. coli, Salmonella) and protozoa (e.g. Giardia), this system is used by our armed forces. Filters need to be replaced over time and can be ordered from RRMC.

Use of the Grayl will reduce the use of single use plastic bottles.



Steripen Classic

This **water purifier** creates ultraviolet (UV) light that disrupts the DNA of microbes in seconds and effectively deactivates 99.9% of bacteria, viruses and protozoa.

3. First Aid - be prepared

Medicine Kits - highly recommended

A lot of thought has gone into the preparation of these kits. We provide a range, from those specific to the management and treatment of gastroenteritis to more comprehensive kits that provide both essentials (e.g. dressings) and medicines and information specific to your destination.



4. Personal Safety

Some handy devices you may like to consider;

Personal alarm

A simple pull activates this small yet powerful alarm (100db). The alarm attaches easily to a keychain or bag and includes a light and batteries.



Doorstop

We also suggest the purchase of a door stopper that stops both sliding and swinging doors from being opened.



Lock The Flap Over
Any Fixed Object

FleXsafe

Most of us have traveled and worried at times about the security our important personal possessions.

We include this in our top five because it provides a mobile safe. This light weight and packable safe has ultra-Slash and water-resistant fabric and will block RFID - radio-frequency identification.



Solar Panel

Nomad 7 Plus Solar Panel USB charger

Lightweight and smart this solar panel USB charger enables communication when traveling where power and plugs may be a problem.



Pocket Bands

New sleek design made from 100% stretchy, surgical-grade silicone. Compatible with many key types, bills, Fitbit One tracker, and other small items the Pocket band flips quickly and easily inside to insert items and then back to wear

Dimensions approx. 2 ¼ in. long (5.72cm) x .92 in. wide (23.4mm) x .11 in. thick (3mm)

5. We are here

Remember, even the best laid plans can come unstuck.

Visit your Doctor

If you feel ill or have any concerns after your trip please make an appointment with your Doctor.

