

# Medical Care Checklist

CasaParaNiños Aleluya  
Team Handbook

✓	Item	Notes
	Various pain relievers	Aspirin, Tylenol, Aleve
	Dramamine	Mountain roads; if prone to carsickness, take recommended dosage just prior to the plane's landing in Guatemala city
	Cold and allergy	Non-drowsy
	Band-aids, gauze, tape	
	Neosporin	
	Hydrocortisone cream	
	Pepto/Immodium AD	Gastrointestinal problems not uncommon for visitors
	Butterfly bandages	For the occasional accident
	Ace wrap	For strains or sprains
	Alcohol swab packs	

**Individuals** not traveling within a larger team:

Provide a designated Casa staff member with your emergency contact numbers, medical release waiver(if applicable), and your signed/ witnessed release of liability form.

**Group leaders:**

In your kit, you should have the following:

- > a compiled group listing with emergency contact numbers as provided on individual liability release forms
- > medical release waivers for any group members that are under age

**All visitors** who are on regular maintenance prescription medications:

- > it is wise to keep a list of the name and dosage in case of loss or theft. Also, given that you will be in a foreign country where the exact medication may not be available, it may be a good idea to have the actual drug name in addition to the branded name(eg Theophylline is the drug name, Slo-bid is a branded name). It is not necessary to carry a prescription order from your doctor as long as the above information is known.
- > make sure that all members bring enough medication to last the entire trip; better to have too much than to run short.