

Mandatory Personal Medical Kit

TRANS HIMALAYA

1. Diamox-1 strip
 2. Crocin-10 Tablets
 3. Avomine(for motion sickness)-1 strip
 4. Combiflam-Half strip
 5. Muscle relaxant(Chlorzoxazone)
 6. Digene- Half strip
 7. Avil-1 strip
 8. ORS-6 packs
 9. Knee Cap(If you're prone to knee injury)
 10. Antiseptic Liquid(Dettol)
 11. Medicated first aid dressing
 12. Disprin
 13. Paracetamol
 14. Muscle Relaxant spray(Moov)
 15. Cipladine
 16. Norfloxacin & tinidazole
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