

**Scarred4Life Sahara Rally
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**Personal health and
hygiene**



Travel insurance
All personal medication
Antibiotics (obtainable in Spain)
Eye drops
First aid kit
Mosquito spray
Antiseptic hand wipes
Latex gloves
Antiseptic cream
Plasters
Bandages
Imodium
Rehydration salts
Aspirin / Paracetamol / Ibuprofen
Lip salve
Sting relief
Sea/travel sickness tablets
Water purification tablets
Scissors
Tweezers