

Tropical Survival Checklist

Always have these with you to face heat, humidity, and the rainy season:

- ✓ Portable rechargeable fan + powerbank
- ✓ Anti-chafing cream (thighs, arms)
- ✓ Tropical mosquito repellents (spray/lotion)
- ✓ Thermal water spray mist
- ✓ Wide-brim hat or technical anti-UV cap
- ✓ Light microfiber towel
- ✓ Waterproof plastic slippers or sandals
- ✓ Thick and full-coverage poncho (especially for scooters)
- ✓ Waterproof bag (for phone, papers)
- ✓ Electrolyte sachets (from pharmacy)
- ✓ Hydrating fruits/salty snacks
- ✓ Wet cloth for neck/temples
- ✓ Local map (to avoid flood zones)
- ✓ Boots or spare clothes (rainy season)
- ✓ List of local emergency contacts

Essential Medicines for Travel in Tropical Climates

1. Pain, Fever & Inflammation
 - Paracetamol (preferred over aspirin, better tolerated in hot weather)
 - Ibuprofen as backup (use carefully, may promote dehydration)
 - Aspirin (be wary of its effects on hydration)
2. Digestive Troubles
 - Anti-diarrheals (loperamide/Imodium for acute diarrhea)
 - Intestinal dressings (clay, activated charcoal)
 - Oral rehydration salts (pharmacy sachets)
 - Antispasmodics (e.g. Spasfon)
 - Antiemetics (for nausea/vomiting, e.g. metoclopramide or domperidone)
 - Probiotics (for prevention and rescue)
3. Infections & Disinfection
 - Local antiseptics (spray, wipes, Betadine or chlorhexidine)
 - Healing cream (Bepanthen or equivalent)

- Saline solution vials (eyes, wounds, nose)
 - Broad-spectrum antibiotics (if prescribed, e.g. amoxicillin)
4. Bites & Allergies
 - Tropical anti-mosquito spray or lotion (DEET >30%, IR3535, icaridin)
 - Soothing/anti-itch cream (hydrocortisone or antihistamine)
 - Oral antihistamines (for allergies, rhinitis)
 - Tick remover and venom extractor (for nature stays)
 - Injectable adrenaline (for severe allergies), emergency kit
 5. Rehydration & Heatstroke
 - Oral rehydration salts (always have some)
 - Energy booster sachets (for fatigue)
 - Glucose/mineral salt solutions available locally
 6. Tropical Disease Prevention
 - Antimalarial treatment (if recommended for the area)
 - Water purification tablets or filters (Micropur, Aquatabs, etc.)
 - Vaccines up to date for destination (hepatitis, typhoid, Japanese encephalitis, etc.)
 7. Other Essentials
 - Medicine for motion sickness (scopolamine or antihistamine)
 - High-SPF sunscreen
 - Digital thermometer

Good to know:

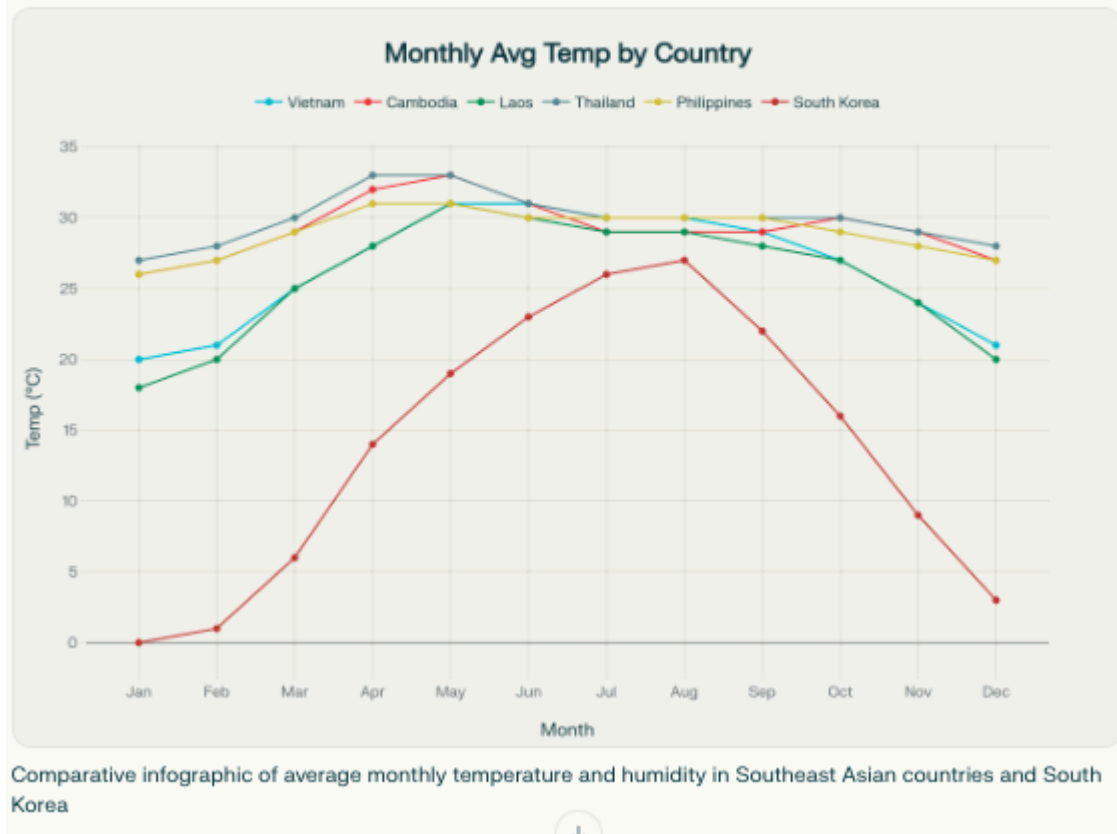
- Always bring your regular medications in sufficient quantity for your whole stay.
- Keep packages, boxes, and prescriptions (translated if possible).
- Adapt your kit to your personal needs and activities (children, allergies, chronic illness, trekking, etc.).
- Consult a health professional before departure for malaria/dengue precautions in the region.

With this kit, you'll be well prepared for unexpected medical situations in sometimes harsh and isolated tropical conditions.

The Infographic at a Glance

Infographie comparative : Températures & humidité en Asie du Sud-Est

Voici une visualisation claire des variations mensuelles des températures et de l'humidité dans différents pays d'Asie du Sud-Est (et la Corée du Sud pour comparaison) :



Upper part: Monthly average temperatures (°C)

- Each colored line = one country (Vietnam, Cambodia, Laos, Thailand, Philippines, South Korea)
- Horizontal axis = 12 months, January to December
- Vertical axis = Average temp in °C
- Main trends:
 - Southeast Asian countries have stable temps (25–33°C year-round)
 - Heat peaks usually from March to May
 - South Korea has much bigger swings: cold winters (0–6°C Jan–Mar), hot summers (up to 27°C Jul–Aug)

Lower part: Average relative humidity (%)

- Horizontal axis: 12 months
- Vertical axis: Relative humidity %

- Patterns:
 - Tropics are always very humid (75–90% year-round)
 - Humidity peaks usually coincide with rainy season (May–Oct/Nov)
 - South Korea: humid summer (up to 75%), but much drier winters (down to 55–65%)

Key insights

- Southeast Asia: very hot and humid year-round, with little variation—expect muggy conditions almost constantly.
- South Korea: strong contrast, with harsh, dry winters and abrupt hot/humid episodes in summer (“jangma” phenomenon).
- Best time to visit: For milder conditions, aim for the dry season (Nov–Mar) in Southeast Asia for slightly lower temperatures and reduced humidity—though it’s never absent.

With a single glance, this infographic lets you compare tropical climate realities between these countries and see just how different South Korea is over the course of a year!