

Packing List for Healthy Travel

Prescription Medicines

- Your prescription medications
Enough quantity for entire trip, plus extra in case of delays
- Traveler's diarrhea antibiotic
- Medicine to prevent malaria
- Altitude sickness medicine



Medical Supplies

- Glasses (consider spare glasses in case of damage)
- Contact lenses (bring spare contacts in case of damage)
- Inhalers
- Epinephrine auto-injectors (EpiPen[®])
- Medical alert bracelet or necklace



Over-the-counter medicines

Treatment for pain or fever (one or more of the following, or an alternative):

- Acetaminophen
- Ibuprofen

Treatment for upset stomach or diarrhea:

- Antacid
- Diarrhea medicine
Examples: loperamide [Imodium[®]] or bismuth subsalicylate [Pepto Bismol[®]]
- Mild laxative for constipation
- Oral rehydration salts for diarrhea/dehydration

Treatment for Upper Respiratory Tract discomfort:

- Antihistamine
- Cough drops
- Cough suppressant/expectorant
- Decongestant (may be illegal in some countries)
- Motion sickness medicine
- Saline nose spray
- Lubricating eye drops

SUPPLIES TO PREVENT ILLNESS OR INJURY

- Hand sanitizer or wipes
- Small packets of tissues
- Water purification tablets (for camping or remote areas)
- Insect repellent containing DEET (20%+) or picaridin
- Sunscreen (SPF 15+) with UVA and UVB protection
- Personal safety equipment (bike helmets)
- Bed net
- Earplugs
- Latex condoms
- Flashlight and batteries
- Tampons/sanitary napkins
- Sunglasses and hat

FIRST AID KIT

- 1% Hydrocortisone cream for insect bites
- Antibacterial ointments
- Aloe gel for sunburns
- Bandages (multiple sizes, gauze and adhesive tape)
- Elastic/compression bandage wrap for sprains and strains
- Cotton swabs (Q-tips)
- Tweezers
- Antifungal cream
- Antiseptic wound cleanser
- Digital thermometer
- Moleskin or mole foam for blisters
- Disposable gloves
- Scissors and safety pins (in checked luggage)

DOCUMENTS

Travel health insurance documents

Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms

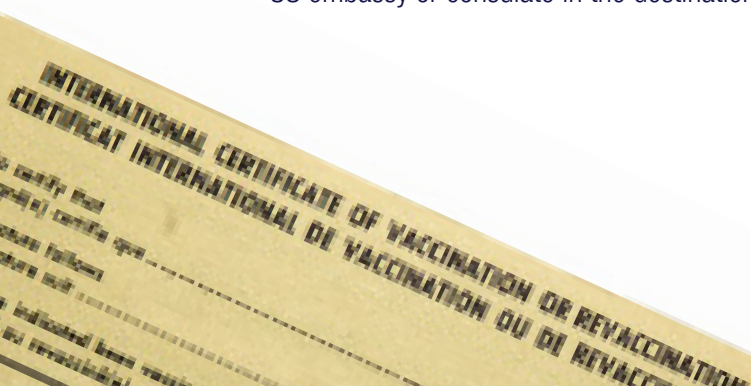
Proof of yellow fever vaccination

If required for your trip, take your completed International Certificate of Vaccination or Prophylaxis card or medical waiver

Contact card

Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:

- Family member or close contact remaining in the United States
- Health care provider(s) at home
- Lodging at your destination
- Hospitals or clinics (including emergency services) in your destination
- US embassy or consulate in the destination country or countries



Special note about prescription medications

- Pack your prescription medications in your carry-on luggage in their original containers.
- Pack copies of all prescriptions, including the generic names for medications.
- Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.
- Pack a note on letterhead stationery from the prescribing physician for controlled substances, suture kits, and injectable medications.
- Leave a copy of your prescriptions at home with a friend or relative.
- Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country