



Packing a mini pharmacy may seem like overkill when you're feeling perfectly healthy upon departure, but if something does go wrong, being prepared can help you enjoy your trip. Consider packing:

- Pain and fever medicine
- Antacid for indigestion
- Anti-nausea medication
- Anti-diarrheal medication
- Antihistamine
- Cough suppressant
- Decongestant
- Laxative
- Melatonin or mild sedative for sleep aid or jet lag
- Motion sickness medication, motion sickness patch, or acupuncture wrist bands
- Altitude sickness medication, if going to high-altitude destinations
- Prescriptions in their original bottle or with a copy of the prescription
- First aid products: bandages, mole skin, alcohol wipes, antibiotic ointment, gauze, tweezers
- Insect repellent (with an active ingredient like DEET or picaridin)
- Hydrocortisone cream
- Thermometer
- Vitamin C and/or Zinc
- Electrolyte powder packets
- Eye drops
- Lip moisturizer
- Hand sanitizer
- Antiseptic wipes
- High-quality masks (to wear if you develop symptoms of contagious diseases)
- Sunburn relief
- Sunscreen (with UVA and UVB protection, SPF 30 or higher; if going to ocean, reef-safe lotion)
- Sunglasses

Tips from other travelers:

- Whenever possible, take single-serving or foil blister pack tablets rather than liquid medication and use a permanent marker to note the dosage on the packets.
- Take photos of medication doses/instructions so you can access them on your phone.
- If taking liquids, place them inside an extra sealed bag to prevent leakage in your suitcase.
- When traveling with a medical device, such as a CPAP machine:
 - Take the device as a carry on rather than a checked bag.
 - Place the prescription inside the bag so it will be exempted from carry-on limits.
 - Mark contact info on the device & bag and take a photo both in case they are lost.
 - If you will be using a device in flight, notify the airline at least 48 hours in advance.
- Make sure all your vaccinations are up to date, including tetanus.
- If traveling out of the country check the CDC destination webpage, <https://wwwnc.cdc.gov/travel/destinations/list>, for region-specific vaccine recommendations and consult with your doctor. Plan ahead, as some vaccines require multiple doses.