



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 to the fullest. UC Retirees Travel volunteers recommend packing the following items:

- 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
- Sunburn relief
- Sunscreen (with UVA and UVB protection, SPF 30 or higher; if going to the ocean, get reef-safe lotion)
- Sunglasses

Lastly, fellow UC retirees offer some pro tips:

- 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.
- Rather than bringing all the medication boxes and instructions, take pictures of them so you can access the full directions on your phone.
- If taking liquids, place them inside an extra sealed bag to prevent leakage in your suitcase.
- 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.