**Traveler’s Health Kit**

**S**ave room in your suitcase for your TRAVELERS’ HEALTH KIT.

Use this as a guide for packing items you will need to stay healthy on your trip.

There's a lot to think about when you are preparing to travel to a different country! When you're planning what to take on your trip, don't forget to pack a Travelers' Health Kit in your luggage. It's a good idea to keep all medicines, especially prescriptions, in your carry-on bags. Because of airline security rules, sharp objects and some liquids and gels will have to remain in checked luggage.

1. **BASIC FIRST AID ITEMS**

\_\_\_\_\_\_Antifungal ointments

\_\_\_\_\_\_1% hydrocortisone cream

\_\_\_\_\_\_Triple Antibiotic Ointment

\_\_\_\_\_\_Insect Repellant (Deet 40-50%)

\_\_\_\_\_\_Sunscreen (SPF 30% or higher)

\_\_\_\_\_\_Alcohol based hand gel or wipes

* Anti-itch cream for insect bites

\_\_\_\_\_\_Adhesive bandages

\_\_\_\_\_\_Gauze

\_\_\_\_\_\_Medical Tape

\_\_\_\_\_\_Disposable Gloves

\_\_\_\_\_\_Tweezers

\_\_\_\_\_\_Scissors

\_\_\_\_\_\_Digital thermometer

1. **MEDICATIONS**

\_\_\_\_\_\_Tylenol, Aleve, Motrin

\_\_\_\_\_\_Antacid (Zantac, Pepcid, Tums, etc.)

\_\_\_\_\_\_Antidiarrheal medicine (Large Pepto-Bismol Tablets, Imodium-AD)

* Oral rehydration solution packets
* Mild laxative

\_\_\_\_\_\_Benadryl (For Sleep)

\_\_\_\_\_\_Benadryl Cream (Diphenhydramine)

\_\_\_\_\_\_Melatonin (For Sleep)

\_\_\_\_\_\_Personal medicines:

* + - Any prescription or OTC medications you take regularly
    - Epinephrine auto-injector, if you have severe allergy
    - Malaria medications

1. **CONTACT CARDS**

\_\_\_\_\_\_Address/phone numbers of area hospitals or clinics; see Doctors/Hospitals Abroad

\_\_\_\_\_\_Address/phone number of the American Embassy or Consulate in your destination:

See Web sites of U.S. Embassies, Consulates, and Diplomatic Missions

\_\_\_\_\_\_Address/phone numbers of family members or close contact remaining in the US

**TRAVELING WITH MEDICATIONS**

All medications should be carried in their original containers with clear labels, so the contents are easily identified. When carrying prescription medications, the patient’s name and dose regimen should be on the container. Although many travelers prefer placing medications into small containers or packing them in daily-dose containers, officials at ports of entry may require proper identification of medications.

Travelers should carry copies of all prescriptions, including their generic names. For controlled substances and injectable medications, travelers should carry a note from the prescribing physician or from the travel clinic on letterhead stationery. Certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, travelers should contact the embassy or consulate of the destination country.

A travel health kit is useful only when it is available. It should be carried with the traveler at all times (such as in a carry-on bag), although sharp objects must remain in checked luggage. Travelers should make sure that any liquid or gel-based items packed in the carry-on bags do not exceed the size limits. They can consult with the airline for all air-related travel restrictions.

**SUPPLIES FOR PREEXISTING MEDICAL CONDITIONS**

Travelers with preexisting medical conditions should carry enough medication for the duration of their trip and an extra supply, in case the trip is extended for any reason. If additional supplies or medications are needed to manage exacerbations of existing medical conditions, these should be carried as well. The clinician managing a traveler’s preexisting medical conditions should be consulted for the best plan of action.

People with preexisting conditions, such as diabetes or allergies, should consider wearing an alert bracelet (such as those available from [www.medicalert.org[External Web Site Icon](http://www.medicalert.org/)](http://www.medicalert.org)) and making sure this information is on a card in their wallet and with their other travel documents.