

Travel Checklist

Medicine Tips

- Go to the Transportation Security Administration website (tsa.gov) to learn what medicines and liquids you can and can't take on an airplane.
- Put all prescription medicine in their original containers from the pharmacy. Make sure the original labels are on the containers. Put them in your carry-on bag(s).
- Make copies of all prescriptions.
- Check with the American Embassy or Consulate to make sure your medicines will be allowed into the country you are visiting.
- Get a note on letterhead from your prescribing doctor for controlled substances and injectable medicines.

Medical and Personal Care Items	
<input type="checkbox"/> prescription medicines in their original bottles <input type="checkbox"/> new prescription medicines just for your trip (to prevent malaria, for altitude sickness, or to help you sleep)	<input type="checkbox"/> extra pair of prescription glasses <input type="checkbox"/> contacts and solution <input type="checkbox"/> extra batteries for hearing aid(s)
<input type="checkbox"/> over-the-counter medicines for: <ul style="list-style-type: none"> — diarrhea (Pepto-Bismol™ or Imodium®), constipation and upset stomach — motion sickness — nasal congestion — pain or fever — cough — antibacterial cream, lotion or gel — itch cream — eye irritation 	<input type="checkbox"/> first aid kit that has: <ul style="list-style-type: none"> — quick reference card — bandages (different sizes) — gauze — antiseptic — tweezers and scissors — cotton-tipped swabs — thermometer — gel
<input type="checkbox"/> health care insurance card(s) <input type="checkbox"/> traveler's insurance to cover emergency evacuation	<input type="checkbox"/> copy of your passport, visa or both
<input type="checkbox"/> water purification tablets or supplies	<input type="checkbox"/> copies of all prescription medicines (include brand and generic names)
<input type="checkbox"/> emergency contact information	<input type="checkbox"/> contact information for your credit cards (in case they are lost or stolen)

(over)

Other Important Items

<input type="checkbox"/> sunscreen (SPF 15 or higher) that protects against both UVA and UVB rays	<input type="checkbox"/> protection against the Zika virus: <ul style="list-style-type: none"> — insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE or PMD.) — latex condoms — long-sleeved shirts and long pants — clothing and gear treated with permethrin — infant carrier mosquito net (if needed) — bed net (if mosquitoes can get to where you're sleeping) — avoid pregnancy for 6 months.
<input type="checkbox"/> insect repellent that has DEET (30 to 50 percent) or picaridin (up to 15 percent)	<input type="checkbox"/> antibacterial hand wipes or alcohol-based hand sanitizer (at least 60 percent alcohol)
<input type="checkbox"/> sunglasses	<input type="checkbox"/> hat
<input type="checkbox"/> rain gear	<input type="checkbox"/> electrical adapter plugs and current converters

Adapted from the Centers for Disease Control and Prevention.