

International Travel Health Kit

You're traveling internationally. Whatever the purpose, it is important to be prepared! Use the list below to get started on your travel health kit. Remember that the specific contents of your kit should be based on your destination, duration of trip, type of travel and any pre-existing medical conditions.

First Aid

- Disposable latex-free gloves
- Adhesive bandages, multiple sizes
- Gauze
- Adhesive tape
- Elastic bandage wrap for sprains and strains
- Antiseptic wound cleanser
- Cotton swabs
- Tweezers*
- Scissors*
- Safety pins
- Antifungal and antibacterial spray or creams
- 1% hydrocortisone cream
- Anti-itch gel or cream for insect bites and stings
- Aloe gel for sunburns
- Moleskin or molefoam for blisters
- Digital thermometer
- Lubricating eye drops
- Triangular bandage
- First-aid quick reference card

* Pack these items in checked baggage; they may be considered sharp objects and confiscated by airport or airline security if packed in carry-on bags.

Other Important Items

- Insect repellent for skin and clothing
- Sunscreen (SPF 15 or greater with UVA and UVB protection)
- Antibacterial hand wipes or an alcohol-based hand sanitizer containing at least 60% alcohol
- Useful items in certain circumstances:
 - Extra pair of contacts or prescription glasses, or both, for people who need corrective lenses
 - Mild sedative, other sleep aid or anti-anxiety medication
 - Latex condoms
 - Water purification tablets
 - Commercial suture/syringe kits to be used by a local health-care provider (will require a letter from the prescribing physician on letterhead stationery)

Traveling with children? Parents should consider the following additional items:

- Safe water and snacks
- Child-safe hand wipes
- Oral rehydration solution (ORS) packets
- Oral syringes for administration of medications and ORS
- Diapers and diaper rash ointment
- Any medications the child takes regularly (be sure to bring enough for the entire trip)
- Other medications occasionally used if illness develops
- Familiar toys or objects to decrease stress of traveling
- Identifying information and contact numbers
- If traveling with only one parent, the child may need to carry relevant custody papers or a notarized permission letter from the other parent.

Contact Card

It is important for travelers to locate and record important contact information in case it is needed during the trip. Often this information is needed quickly; a contact card with the address and phone numbers for the following will help save time in urgent situations:

- Family member or close contact still in the United States
- Primary health-care provider
- Area hospitals or clinics
- Places() of lodging at the destination(s)
- U.S. Embassy or Consulate in the destination country or countries

Medications

- Destination-related, if applicable:
 - Antimalarial medications*
 - Medication to prevent or treat high-altitude illness
- Pain or fever (one or more of the following, or an alternative):
 - Acetaminophen (Tylenol®)
 - Aspirin
 - Ibuprofen (Advil®)
- Stomach upset or diarrhea:
 - Over-the-counter (OTC) antidiarrheal medication
 - Oral rehydration solution packets
 - Mild laxative
 - Antacid
- Items to treat throat and respiratory symptoms:
 - Antihistamine
 - Decongestant, alone or in combination with antihistamine
 - Cough suppressant/expectorant
 - Cough drops
- Anti-motion sickness medication
- Epinephrine auto-injector (EpiPen), especially if you have a history of severe allergic reaction*
- Any medications, prescription or OTC, taken on a regular basis at home (be sure to bring enough medication in case of an extended stay or unexpected change in travel plans). Prescription medications should be packed in carry-on luggage.

When traveling with medications:

- All medications should be carried in their original containers with clear labels so the contents are easily identified.
- Travelers should carry copies of all prescriptions, including their generic names. A copy of prescriptions should also be left at home with a friend or relative.
- For controlled substances and injectable medications, travelers are advised to carry a note from the prescribing physician on letterhead stationery.
- Be aware that certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, travelers are recommended to contact the embassy or consulate of the destination country.

* These medications must be prescribed by a health-care provider.