

Healthy Travels Packing Guide

PRESCRIPTIONS

- Pack in original packaging, with enough to cover flight delays or longer stays
- Inhalers and breathing chambers

FIRST AID

- Bandages - all shapes & sizes, water-proof
- Antibiotic cream
- Antiseptic wipes
- Thermometer
- Instant ice packs
- Ibuprofen/Acetaminophen

PREVENTION

- Multi-vitamin
- Vitamin C
- Hand Sanitizer

COLD, FLU & ALLERGIES

- Eye drops - antibiotic & allergy drops
- Throat lozenges
- Tissues in travel packs
- Daytime cold medication
- Nighttime cold medication
- Ear drops
- Antihistamines

DIGESTIVE ISSUES

- Antacids
- Anti-nausea medications
- Anti-diarrhea medications

MOTION SICKNESS

- Ginger lozenges or tablets
- Accupressure wrist bands

SKIN CARE

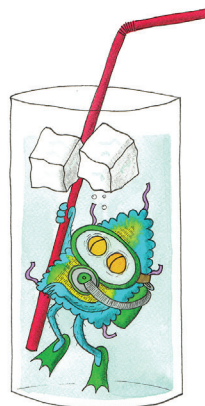
- Sunscreen
- Aloe cream or after burn care
- Antihistamine cream for bug bites
- Lip balm

ALTERNATIVE CARE

- Essential Oils
- Melatonin for sleep

OTHER

- Eyeglass repair kit
- Nail kit with tweezers
- Numbing cream for mouth sores
- Lice shampoo & comb
- Bed Bug Spray



98 %
of travellers

will make a dietary or
beverage mistake
within the first three
days of their vacation,
increasing their risk
of contracting

enterotoxigenic
E.coli (ETEC)³