

## TRAVELER'S CHECKLIST

The following list will help you keep track of the items you need to bring on your trip. Select those which you will need (depending on your destination), and check them off after they are packed.

BRING	ITEMS	PACKED
	Adhesive bandages, gauze with tape, nonstick wound dressings, band-aids, eye pads, butterfly bandages (for wound closure)	
	Alcohol swabs for disinfection, in individual packets	
	Antacid tablets	
	Antibacterial soap, hand wipes or waterless gel	
	Antibiotic cream i.e.: triple antibiotic, Neosporin, bacitracin	
	Antifungal ointment or powder	
	Antihistamine (e.g., <b>Benadryl<sup>®</sup></b> , <b>Chlor -Trimeton<sup>®</sup></b> ) for allergic reactions	
	Antimotility medication (e.g., Imodium <sup>®</sup> or Lomotil <sup>®</sup> ) for diarrhea	
	Bandage rolls (e.g., Ace <sup>®</sup> wraps) for sprains and strains	
	Birth control/condoms; menstrual products (i.e. tampons)	
	Bismuth subsalicylate tablets (e.g., Pepto-Bismol <sup>®</sup> ) for intestinal distress	
	Candle and matches (do not pack in carry-on luggage)	
	Decongestants, cough suppressants, throat lozenges	
	Dental floss	
	Antiseptic wound cleaner for cuts and scrapes	
	Electrical plug adapter, current converter	
	Facial tissue in small packets	
	Flashlight and batteries	
	Batteries for other electronics	
	Hydrocortisone cream (topical cream for itching, bites & skin irritation)	
	Insect repellent with DEET <b>20-35%</b> or picaridin ( <b>20% or higher</b> ) found in sporting goods stores. Insecticide with permethrin for clothing, netting & other fabrics (Spray found in sporting goods stores)	
	Laxative/stool softener – i.e. Colace	
	Moleskin for blisters	
	Mosquito netting	
	Motion sickness medicine	
	Oral rehydration solution (ORS) for diarrhea, dehydration (i.e. Gatorade Powder)	
	Pain relievers (e.g., acetaminophen, aspirin, ibuprofen)	
	Prescription medications (labeled, in original bottles) to last throughout trip	
	Scissors (do not pack in carry-on luggage)	
	Spare glasses, copy of eyeglass prescription, sunglasses, contact lenses, cleaning/wetting solutions	
	Sunscreen, at least SPF 30 including lip balm with 15 SPF	
	Digital Thermometer – Celsius scale if also available	
	Toilet paper	
	Tweezers, safety pins	
	Medical History and medications list to carry in wallet if indicated	
	Heating coil, chemical purifiers and /or filter for water purification	
	Straws – to avoid drinking from containers	
	Aloe Vera gel (for sunburns)	
	Sunglasses, hats	
	Sewing kit- will include needle that can be sterilized if needed	
	Saline nasal spray for dry nose during long flights	

Be sure to check with your airline prior to departure for a current list of items not permitted in your carry on bag. This information is subject to change without notice.

