

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.

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.

Item	Bring	Packed
Adhesive bandages, gauze with tape, non-stick wound dressings, band-aids, eye pads, butterfly bandages (for wound closure)		
Alcohol swabs for disinfection in individual packets		
Aloe vera gel (for sunburns)		
Antacid tablets		
Antibacterial soap, hand wipes or waterless gel		
Antibiotic cream (e.g., triple antibiotic, Neosporin, bacitracin)		
Antifungal ointment or powder		
Antihistamine (e.g., Benadryl®, Chlor-Trimeton®) for allergic reactions		
Antimotility medication (e.g., Imodium® or Lomotil®) for diarrhea		
Antiseptic wound cleaner for cuts and scrapes		
Bandage rolls (e.g., Ace® wraps) for sprains and strains		
Batteries for other electronics		
Birth control and condoms; menstrual products (e.g., tampons, pads)		
Bismuth subsalicylate tablets (e.g., Pepto-Bismol®) for intestinal distress		
Candle and matches (do not pack in carry-on luggage)		
Decongestants, cough suppressants, throat lozenges		
Dental floss		
Digital thermometer (Celsius scale if also available)		
Electrical plug adapter and/or current converter		
Facial tissue in small packets		

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Student Health Services

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Item	Bring	Packed
Flashlight and batteries		
Heating coil, chemical purifiers or filter for water purification		
Hydrocortisone cream (topical cream for itching, bites and skin irritation)		
Insect repellent with DEET 20–35 percent or picaridin (20 percent or higher) found in sporting goods stores. Insecticide with permethrin for clothing, netting and other fabrics (spray found in sporting goods stores)		
Laxative/stool softener (e.g., Colace)		
Medical history and medications list to carry in wallet, if indicated		
Moleskin for blisters		
Mosquito netting		
Motion sickness medicine		
Oral rehydration solution (ORS) for diarrhea, dehydration (e.g., Gatorade powder)		
Pain relievers (e.g., acetaminophen, aspirin, ibuprofen)		
Prescription medications (labeled, in original bottles) to last throughout trip		
Saline nasal spray for dry nose during long flights		
Scissors (do not pack in carry-on luggage)		
Sewing kit (will include needle that can be sterilized if needed)		
Spare glasses, copy of eyeglass prescription, sunglasses, contact lenses, cleaning/wetting solutions		
Straws (to avoid drinking from containers)		
Sunglasses, hats		
Sunscreen, at least SPF 30 including lip balm with SPF 15		
Toilet paper		
Tweezers, safety pins		

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