



Travel Health Packing Checklist (CDC “Pack Smart” baseline)

Use this as a practical starting point. Not everything applies to every trip—adjust for destination, duration, and your health needs.

How to use this sheet:

- Tick the boxes you need.
- Pack critical meds and documents in your carry-on.
- Bring a little extra (a few days’ buffer) in case of delays.
- If you have prescriptions, allergies, or chronic conditions, check with your clinician before you go.

1) Documents

- Copies of passport and travel documents (print + digital)
- Contact card (family/close contact: addresses, phone numbers, emails)
- Lodging / itinerary details (addresses + confirmations)
- Healthcare professional contact info back home
- Immunization records
- Proof of yellow fever vaccination (if required)
- Copies of prescriptions (medications, glasses, medical supplies)
- Health insurance card + travel insurance documents
- List of hospitals/clinics at your destination (including emergency services)
- Embassy/consulate information for your destination

2) Medicines

- Your regular prescription medicines (preferably in original containers)
- Copies of prescriptions (include generic names)
- Doctor note for controlled substances / injectables (if applicable)
- Antimalarial medicine (if prescribed)
- Antibiotic for travelers' diarrhea self-treatment (if prescribed)
- Antihistamine (allergies)
- Pain/fever medicine (e.g., acetaminophen or ibuprofen)
- Diarrhea medicine (e.g., loperamide or bismuth subsalicylate)
- Decongestant
- Motion sickness medicine
- Cough drops / cough suppressant / expectorant
- Antacid
- Mild laxative
- Mild sedative / sleep aid (if you use one safely)
- Epinephrine auto-injector (if prescribed for severe allergy)
- Antifungal or antibacterial cream/ointment
- 1% hydrocortisone cream

3) Core supplies

- First-aid kit (see section below for a quick build)
- Hand sanitizer ($\geq 60\%$ alcohol) or antibacterial hand wipes
- High-quality masks (as needed)
- Insect repellent (e.g., DEET or picaridin)

- Sunscreen (UVA/UVB, SPF 15+) + lip balm with sun protection
- Sunglasses + hat
- Condoms / barrier protection (if relevant)
- Water purification tablets or filter (if relevant)
- Glasses/contacts + solution + hydrating eye drops
- Diabetes testing supplies / insulin / sharps (if relevant)
- Medical alert bracelet/necklace (if relevant)
- Earplugs (sleep + flights)
- Disease-specific rapid tests (if relevant to you)

4) Quick-build first-aid kit

If you're assembling your own kit, these are the CDC-style basics to cover common issues (minor cuts, blisters, dehydration, sun, etc.).

- Bandages (assorted) + gauze + medical tape
- Antiseptic wipes/solution
- Tweezers + small scissors
- Elastic/ACE bandage
- Cotton-tipped applicators
- Moleskin or blister patches
- Aloe gel (sunburn)
- Digital thermometer
- Oral rehydration salts (ORS) packets

5) Situational add-ons (pack only if needed)

- Altitude sickness medicine (if traveling to high elevation)
- Commercial suture/syringe kit (ONLY if advised; requires clinician letter)
- Bicycle helmet
- Child safety seat
- Extra N95/respirator (if you expect crowded indoor settings or smoke/dust)

Packing rules that prevent problems

- Carry-on: pack all essential medicines, prescriptions, and at least a few days' extra.
- Keep both print and digital copies of key documents.
- For controlled meds or injectables, carry a clinician letter and keep items in original packaging.
- Check airline/security rules and your destination's import restrictions for medicines and medical devices before you fly.

Notes (your trip specifics)

Destination(s):	
Trip dates:	
Key health risks you're planning for:	
Clinician / pharmacy contacts:	
Other:	

Sources: CDC Travelers' Health "Pack Smart" + CDC Yellow Book (Travel Health Kits).