Your travel health kit

Start with your own needs and the conditions on your trip. This is Rob’s planning checklist, with links to CDC guidance; it is not an official CDC publication.

Personal essentials

- ☐ Regular prescribed medicines in original labelled containers.
- ☐ Prescriptions and any clinician letters or import permissions required.
- ☐ Glasses, contact lenses, hearing aids or other essential supplies.
- ☐ Allergies, conditions and current medicine list available when needed.
- ☐ Insurance assistance and verified local care contacts.

Choose the supplies that fit

- ☐ Dressings, blister care and basic first-aid supplies.
- ☐ Suitable sun protection, clothing and insect protection.
- ☐ Hand-cleaning supplies and masks when appropriate.
- ☐ Water-safety supplies where needed for the destination.
- ☐ Any symptom-relief medicines discussed with a pharmacist or clinician.
- ☐ Destination-specific medicines only when advised or prescribed.

Ask about suitability, interactions, storage and safe use. Don’t add antibiotics, sedatives or specialist medicines simply because they appeared on somebody’s packing list.

Check before departure

- ☐ Medicine quantities and permissions work for destination and transit.
- ☐ Critical supplies stay with me during transport.
- ☐ I have a plan for delays and safe replacement if needed.

My trip-specific kit and questions for the clinician

Useful links

CDC Pack Smart

CDC medicine guidance

CDC travel health kits