

Travel medicine kit packing list



Your travel health kit should be customized to you and your travel plans. Consider the length of your stay, travel destination, type of travel (urban vs. remote), planned activities, as well as your age and health status. Use the following list of supplies as guidance for packing your travel medicine kit.

Travel medicine kit notes

- The amounts specified are for a 3-4 week trip.
- All generic drug names are capitalized.
- Rx is a prescription medication.
- \$\$\$ denotes an expensive item.
- ® or™ indicates a trademark item.

Amount	Item	Uses
▶ FIRST-AID SUPPLIES		
3-4	Antiseptic pads, individual	Cleanses skin
12	Applicators, sterile tipped, cotton	Topical treatment application
1 roll	Bandages (Ace® Wrap)	Sprains and strains
Multiple	Bandages (Band-Aid®), assorted sizes	Wounds, cuts, abrasions
1 bottle	CHLORHEXIDINE (Hibiclens®) liquid antiseptic and skin cleanser	Wound cleansing and topical antiseptic
1 roll	Cloth tape	Dressings
1 roll	Duct Tape	First aid, gear repair
1	Emergency blanket	Prevention of hypothermia
1	First aid manual	Instructions for first aid
2-4	Gauze pads 2"x 2" or nonstick pads	Wounds, cuts, abrasions

Amount	Item	Uses
▶ FIRST-AID SUPPLIES		
1 pair	Gloves	Protection from infection
1 tube	Liquid bandage (New-Skin®, Nexcare®)	Adhesive bandage glue
1	Mask	Protection from airborne infection
1 box	Matches	Fire starter
2-5	Moleskin (Molefoam®, Blist-O-Ban®)	Blister prevention/treatment
Multiple	Safety pins	Secure bandages, drain blisters if sterilized
1	SAM® Splint (flexible, foam-backed)	Extremity and neck injuries
1 pair	Scissors	Cut tape, moleskin, clothing
1	Syringe	Irrigation
1	Thermometer	Monitor temperature
1	Triangular bandage	Splint/arm sling
1 pair	Tweezers	Foreign body removal (ticks and splinters)
▶ PERSONAL HEALTH		
1 bottle	Alcohol-based hand sanitizer	Disinfecting hands prior to eating
1	Flashlight/headlamp	Examine objects in low light conditions
1 tube	Lip balm with SPF 30 or greater	Sun protection
1	Medical alert bracelet (MedicAlert®)	Provides information on health conditions during an emergency
1	Mirror (shatterproof)	Remove items from eyes and for signaling
1-4	Resealable plastic bags	Waterproof storage of supplies

Amount	Item	Uses
▶ PERSONAL HEALTH		
1-2	Sunglasses with UV protection	Protects eyes from the sun
1 tube	Sunscreen SPF 30 or greater	Sun protection
Multiple	Toilet paper/tissues	Sneezing and personal hygiene, rolls or packages
1	Water bottle	Drinking water/hydration
1	Water filter (Aquapure®, Katadyn®), UV (SteriPEN®), or halogens (Aquamira®, Potable Aqua®)	Water disinfection: Filtration, UV light, or chemical treatment
▶ ALLERGIC REACTIONS		
20 tablets	DIPHENHYDRAMINE (Benadryl®) 25 mg - 50 mg	Antihistamine for treatment of allergic reactions to insect bites, seasonal allergies, and food
1-2 Rx in USA \$\$\$	EPINEPHRINE (auto-injector/EpiPen®) 0.3 mg/2 ml	Emergency treatment for life-threatening anaphylaxis (severe allergic reaction) in persons with a history of severe allergic reactions to insect bites, food (ie. peanuts) or other substances
1 tube	HYDROCORTISONE CREAM 1% (Cortaid®, Cortizone®)	Topical steroid for itching bites or skin irritants
15 tablets	LORATIDINE 10 mg (Claritin®), or CETIRIZINE 10 mg (Zyrtec®)	Antihistamine to control nasal drainage and congestion due to allergies or a respiratory virus. Also available in combination with PSEUDOEPHEDRINE 240 mg (Claritin-D and Zyrtec-D)
10 tablets Rx	PREDNISONE 20 mg	Steroid treatment (oral) for severe and persistent allergic reactions

Amount	Item	Uses
▶ ALTITUDE ILLNESS		
20 tablets	ACETAZOLAMIDE (Diamox®) 125 mg - 250 mg	Prevention and treatment of altitude illness. Avoid if allergic to sulfa-based antibiotics
20 tablets	DEXAMETHASONE (Decadron®) 4 mg	Prevention and treatment of altitude illness
▶ GASTROINTESTINAL CONDITIONS		
30 tablets	BISMUTH SUBSALICYLATE (Pepto-Bismol®)	Symptomatic treatment of traveler's diarrhea, stomach upset
24 tablets	LOPERAMIDE (Imodium®) 2 mg	Symptomatic treatment of traveler's diarrhea and cramping
6-12 tablets Rx	AZITHROMYCIN (Zithromax®) 250 mg	Broad spectrum antibiotic: Self-initiated treatment of traveler's diarrhea; also used for respiratory infections (see below)
6 tablets Rx	CIPROFLOXACIN (Cipro®) 500 mg	Broad spectrum antibiotic: Self-initiated treatment of traveler's diarrhea; also used for respiratory, skin, and urinary tract infections (see below)
9 tablets Rx \$\$\$	RIFAXIMIN (Xifaxan®) 200 mg	Antibiotic, self-initiated treatment of traveler's diarrhea
4 tablets	TINIDAZOLE (Tindamax®) 500mg	Giardia treatment
2 packets	ORAL REHYDRATION SALTS (Pedialyte®, CeraLyte®)	Treatment of dehydration due to traveler's diarrhea
30 tablets	FIBER SUPPLEMENT (Metamucil®, Citrucel®, Benefiber®)	Prevention of constipation

Amount	Item	Uses
▶ GASTROINTESTINAL CONDITIONS		
30 tablets	DOCUSATE SODIUM (Colace [®]) 100 mg	Stool softener, constipation
7 dose bottle	POLYETHYLENE GLYCOL (MiraLAX [®])	Severe constipation
1 tube Rx	HYDROCORTISONE ACETATE (Anusol [®]) 25 mg	Topical steroid, hemorrhoids
1 package	WITCH HAZEL pads (Tucks [®])	Hemorrhoids
▶ JET LAG		
20 tablets	MELATONIN 6 mg	Sleep issues, insomnia
10 tablets Rx	ZOLPIDEM (Ambien [®]) 5 mg female, 10 mg male	Sleep issues, insomnia
▶ MALARIA PREVENTION		
Rx \$\$\$	ATOVAQUONE 250 mg + PROGUANIL 100 mg (Malarone [®])	Prevention against chloroquine-resistant Malaria
Rx	CHLOROQUINE PHOSPHATE (Aralen [®]) 500 mg. Alternative: HYDROXYCHLOROQUINE SULFATE (Plaquenil [®]) 400 mg	Prevention against chloroquine-sensitive Malaria
Rx	DOXYCYCLINE (Vibramycin [®] , Doryx [®]) 100 mg	Prevention against chloroquine-resistant Malaria, as well as Leptospirosis, marine skin infection, rickettsial infection
Rx	MEFLOQUINE HYDROCHLORIDE (Lariam [®]) 250 mg	Prevention against chloroquine-resistant Malaria
Rx	PRIMAQUINE PHOSPHATE (30 mg)	Prevention or treatment against chloroquine-sensitive Malaria

Amount	Item	Uses
▶ MOTION SICKNESS		
10 tablets	MECLIZINE (Bonine®) 25 mg	Motion sickness prevention or treatment
10 tablets	ONDANSETRON (Zofran®) 4 mg or 8 mg	Prevention or treatment of nausea
4 patches Rx \$\$\$	SCOPOLAMINE (Scopace®) transdermal patches	Motion sickness prevention
2 bands	Wristbands (Sea-Bands®)	Apply pressure to a selected acupuncture point on each wrist
▶ PAIN AND FEVER		
20 tablets	ACETAMINOPHEN (Tylenol®) 325 mg - 500 mg	Pain, headache, fever
20 tablets	IBUPROFEN (Advil®) 200 mg	Pain, headache
▶ RESPIRATORY CONDITIONS		
15 tablets	LORATIDINE 10 mg (Claritin®), or CETIRIZINE 10 mg (Zyrtec®)	Antihistamine to control nasal drainage and congestion due to a respiratory virus or allergies. Also available in combination with PSEUDOEPHEDRINE 240 mg (Claritin-D and Zyrtec-D)
1 bottle	OXYMETAZOLINE 0.05% nasal spray (Afrin®)	Decongestant for nasal passages; useful for treatment of nosebleeds
1 bottle	FLUTICASONE 27.5 mcg per metered nasal spray (Flonase®)	Decreases symptoms of stuffy, itchy or runny nose, and itchy, watery or red eyes due to seasonal or year-round allergies
1 inhaler Rx	ALBUTEROL metered dose inhaler (Proventil® HFA, Ventolin® HFA)	Wheezing, bronchospasm

Amount	Item	Uses
▶ RESPIRATORY CONDITIONS		
20 tablets Rx	AMOXICILLIN- CLAVULANATE (Augmentin®) 875 mg	Broad spectrum antibiotic: Strep throat, ear infection, sinusitis, bronchitis, pneumonia; also used for dental infection, skin infection (see below) especially animal bite wounds
6-12 tablets Rx	AZITHROMYCIN (Zithromax®) 250 mg	Broad spectrum antibiotic: Strep throat, ear infection, sinusitis, bronchitis, pneumonia; also used for traveler's diarrhea (see above)
20 tablets Rx	CIPROFLOXACIN (Cipro®) 500 mg	Broad spectrum antibiotic: Ear infection, sinusitis, bronchitis, pneumonia; also used for traveler's diarrhea (see above), skin infection and urinary tract infection (see below)
10 tablets Rx	OSELTAMIVIR (Tamiflu®) 75 mg	Prevention or treatment of suspected influenza
1 inhaler Rx	ZANAMIVIR (Relenza®) 5 mg	Prevention or treatment of suspected influenza
▶ SKIN CONDITIONS		
1 bottle/tube	DEET 20-30% (Sawyer®, 3M Ultrathon®, Off Deep Woods®)	Apply to skin to repel mosquitoes, ticks, flies, insects
1 bottle	PICARIDIN 20% (Sawyer®)	Apply to skin to repel mosquitoes, ticks, flies, insects
1 tube Rx	MUPIROCIN (Bactroban®) 2% ointment	Topical antibiotic for skin infections including infected insect bites and impetigo
20-40 tablets Rx	CEPHALEXIN (Keflex®) 250 mg - 500 mg	Antibiotic, treatment of skin infections

Amount	Item	Uses
▶ SKIN CONDITIONS		
14-20 tablets Rx	TRIMETHOPRIM 160 mg + SULFAMETHOXAZOLE 800 mg (Bactrim DS™)	Antibiotic: Treatment of skin infection, particularly MRSA; also used for treatment of urinary tract infection (see below)
20 tablets Rx	AMOXICILLIN- CLAVULANATE (Augmentin®) 875 mg	Broad spectrum antibiotic: Skin infection, especially animal bite wounds; also used for treatment of respiratory and dental infection (see above)
20 tablets Rx	CIPROFLOXACIN (Cipro®) 500 mg	Broad spectrum antibiotic: Skin infection; also used for treatment of traveler's diarrhea, respiratory infection (see above) and urinary tract infection (see below)
1 tube	Antifungal creams: MICONAZOLE (Micatin®), CLOTRIMAZOLE (Lotrimin®), TERACONAZOLE (Terazol®)	Self-treatment of Athlete's Foot, fungal skin infection
1 bottle	TOLNAFTATE 1% (Tinactin®) powder	Prevention of Athlete's foot, fungal infection
▶ WOMEN'S HEALTH		
Multiple	Menstrual supplies: Pads, tampons, menstrual cup	Pads and tampons may also be used as wound dressing in remote areas
1 tube + applicator	Antifungal creams: MICONAZOLE, (Monistat®), CLOTRIMAZOLE (Lotrimin®), TERACONAZOLE (Terazol®)	Self-initiated treatment (topical) for vaginal yeast infection
2 tablets Rx	FLUCONAZOLE (Diflucan®) 150 mg	Anti-fungal, self-initiated treatment for vaginal yeast infection

Amount	Item	Uses
▶ WOMEN'S HEALTH		
6 tablets Rx	CIPROFLOXACIN (Cipro [®]) 250 mg	Broad spectrum antibiotic, self-initiated treatment for urinary tract infection; also used for treatment of traveler's diarrhea, respiratory infection and skin infection (see above)
14 tablets Rx	NITROFURANTOIN (Macrobid [®]) 100 mg	Antibiotic, self-initiated treatment for urinary tract infection
6 tablets Rx	TRIMETHOPRIM 160mg + SULFAMETHOXAZOLE 800 mg (Bactrim DS [™])	Antibiotic, self-initiated treatment for urinary tract infection; also used for treatment of skin infection (see above)
1 tablet Rx	LEVONORGESTREL (Plan B One-Step [®]) 1.5 mg	Emergency contraception
1 tablet Rx	ULIPRISTAL (Ella [®]) 30 mg	Emergency contraception