Traveler’s Check List

Things to do in advance:
☐ Vaccinations
☐ Physical
☐ Obtain emergency contact numbers for the US
☐ Obtain passport
☐ Contact health insurance company about coverage outside the US
☐ Contact health insurance company about prescription medication supply for entire trip

Things to pack:
☐ International Certification of Vaccination card
☐ Passport
☐ Forms of identification
☐ Tickets
☐ Books for countries on your itinerary
☐ Language guide (phrase book)
☐ Cash/checks
☐ Credit Cards
☐ Prescription medication supply
  List meds:
  ☐ ______________________
  ☐ ______________________
  ☐ ______________________

☐ Over-the-counter medications (including pain relievers, allergy medications, nasal sprays, eye drops, cough drops, vitamins/minerals, herbals):
  ☐ Imodium AD (loperamide) ____________
  ☐ Pepto-Bismol ___________________
  ☐ _____________________________
  ☐ _____________________________
  ☐ _____________________________

☐ Glasses
☐ Glasses repair kit
☐ Extra pair
☐ Contacts (adequate supply if disposable lenses)
☐ Cleaning solution
☐ Soaking/rinsing solution
☐ Contact case
☐ Extra pair of lenses
☐ Allergy information
☐ Medical alert bracelet/card
☐ Pronunciation of food allergies in native language
☐ Epi-pen (if you have known allergy)

☐ Hygiene Products
  ☐ Facial/body soap
  ☐ Feminine hygiene products
  ☐ Razor/shaver
  ☐ Shaving cream
  ☐ Shampoo/Conditioner
  ☐ Hairbrush/comb
  ☐ Hair dryer
  ☐ Curling Iron
  ☐ Condoms
  ☐ Toothbrush/toothpaste
  ☐ Sunscreen
  ☐ Sunglasses
  ☐ Lotion
Insect & Water Precaution Supplies:
- Permethrin
- Insect Repellent with DEET (10-35%)
- Mosquito netting
- Iodine tablets or crystals
- Gatorade, Kool-Aid, Vitamin C powder (to mask taste of iodine)
- Oral rehydration solution packets
- Packaged snacks

Clothing:
- Pants/jeans
- Shorts
- Shirts/Blouses
- Sweatshirts
- Lightweight jacket
- Heavy coat (if appropriate for the climate)
- Dresses/suits
- Socks
- Shoes
- Sneakers
- Sandals
- Boots
- Formal shoes
- Underwear/panties (bring enough)
- Ladies’ undergarments
- Hats

Other:
- Camera
- Film

Have a good trip!