

# Healthy Travel Packing List - CDC

## Pack items for your health and safety.

You may not be able to purchase and pack all of these items, and some may not be relevant to you and your travel plans. Talk to your doctor about which items are most important for you.

This list is general and may not include all the items you need. Check our [Traveler Information Center](#) for more information if you are a traveler with specific health needs, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work.

Remember to pack extras of important health supplies in case of travel delays.

## Prescription medicines

- **Your prescriptions**
- **[Travelers' diarrhea](#) antibiotic**
- **Suture/syringe kit**  
Kit is for use by local health care provider & requires a letter from your doctor on letterhead stationery
- **Altitude sickness medicine**

## Medical supplies

- **Glasses**  
Consider packing spare glasses in case yours are damaged
- **Contact lenses**  
Consider packing spare contacts in case yours are damaged
- **Needles or syringes (for diabetes, for example)**  
Requires a letter from your doctor on letterhead stationery
- **Suture kit**  
Kit is for use by local health care provider & requires a letter from your doctor on letterhead stationery
- **Diabetes testing supplies**
- **Insulin**
- **Inhalers**
- **Epinephrine auto-injectors (EpiPens)**
- **Medical alert bracelet or necklace**

## Over-the-counter medicines

- **Antacid**
- **[Diarrhea medicine](#)**  
Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- **Antihistamine**
- **Motion sickness medicine**
- **Cough drops**
- **Cough suppression/expectorant**
- **Decongestant**

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- **Medicine for pain and fever**  
Examples: acetaminophen, aspirin, or ibuprofen
- **Mild laxative**
- **Mild sedative or other sleep aid**
- **Saline nose spray**

### Supplies to prevent illness or injury

- **Hand sanitizer or wipes**  
Alcohol-based hand sanitizer containing at least 60% alcohol or antibacterial hand wipes
- **Water purification tablets**  
May be needed if camping or visiting remote areas
- **Insect repellent**  
Select an insect repellent based on CDC recommendations: [Avoid Bug Bites](#)
- **Permethrin**  
Permethrin is insect repellent for clothing. It may be needed if you spend a lot of time outdoors. Clothing can also be treated at home in advance.
- **Sunscreen**  
(SPF 15 or greater) with UVA and UVB protection. See [Sun Exposure](#).
- **Sunglasses and hat**  
Wear for additional sun protection. A wide brim hat is preferred.
- **Personal safety equipment**  
Examples: child safety seats, bicycle helmets
- **Earplugs**

### First-aid kit

- **1% hydrocortisone cream**
- **Antifungal ointments**
- **Antibacterial ointments**
- **Antiseptic wound cleanser**
- **Aloe gel**  
For sunburns
- **Insect bite treatment**  
Anti-itch gel or cream
- **Bandages**  
Multiple sizes, gauze, and adhesive tape
- **Moleskin or molefoam for blisters**
- **Elastic/compression bandage wrap**  
For sprains and strains
- **Disposable gloves**
- **Digital thermometer**
- **Scissors and safety pins**
- **Cotton swabs (Q-Tips)**
- **Tweezers**
- **Eye drops**

### Documents

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- **Health insurance documents**  
Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- **Copies of all prescriptions**  
Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.
- **Contact card**  
Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:
  - Family member or close contact remaining in the United States
  - Health care provider(s) at home
  - Lodging at your destination
  - Hospitals or clinics (including emergency services) in your destination
  - US embassy or consulate in the destination country or countries