

Healthy Travel Packing Guide

Prepared by Global Health Passport

Use this checklist to help prepare for healthy and organized travel.

- Passport and travel documents
- Prescription medications
- Copies of prescriptions
- Travel insurance information
- First aid supplies
- Pain and allergy medications
- Hand sanitizer
- Sunscreen
- Insect repellent
- Reusable water bottle
- Phone charger and power adapter
- Emergency contact list
- Comfortable walking shoes
- Weather-appropriate clothing
- Healthy snacks for travel days

Disclaimer: Educational information only. Consult a qualified healthcare professional for personalized advice.