

FREE Travel Medication Checklist

A practical guide from Global Health Passport™ to help travelers prepare for safer and healthier trips.

Traveling is exciting, but forgetting important medications or health supplies can create unnecessary stress. Use this checklist before your next trip to stay organized and prepared.

Prescription Medications

- ■ Pack enough medication for the entire trip
- ■ Bring extra medication in case of delays
- ■ Keep medicines in original labeled containers
- ■ Carry medications in your hand luggage
- ■ Bring copies of prescriptions if needed

Pain & Fever Relief

- ■ Acetaminophen (Tylenol)
- ■ Ibuprofen (Advil/Motrin)
- ■ Headache relief medication

Stomach & Digestive Health

- ■ Anti-diarrheal medication
- ■ Antacid tablets
- ■ Motion sickness medication
- ■ Oral rehydration salts

Cold, Allergy & Respiratory Relief

- ■ Allergy medication

- ■ Cold & flu medicine
- ■ Nasal spray
- ■ Cough drops

First Aid Supplies

- ■ Adhesive bandages
- ■ Gauze pads
- ■ Medical tape
- ■ Antiseptic wipes
- ■ Antibiotic ointment

Travel Health Essentials

- ■ Hand sanitizer
- ■ Insect repellent
- ■ Sunscreen
- ■ Digital thermometer
- ■ Travel insurance information

Destination-Specific Protection

- ■ Malaria prevention medication if recommended
- ■ Travel vaccine records
- ■ COVID-19 documentation if required

Before You Travel

- ■ Check vaccine recommendations
 - ■ Schedule a travel health consultation
 - ■ Review food and water safety tips
 - ■ Confirm emergency contact numbers
-

Disclaimer: This checklist is for educational purposes only and does not replace medical advice from a healthcare professional. Consult your pharmacist or healthcare provider before international travel.