

# WHAT MEDS TO BRING *on your vacation!*



## Flu/Cold/Pain

- Headache/Pain (Advil, Aspirin, Alive)
- Small Thermometer
- Fever (Tylenol)
- Cough Drops/Lozenges (Halls)
- Nose Decongestant
- Multi-purpose meds for cold/flu/cough/sinus (DayQuil, Benylin)

## Tummy Problems

- Anti-Nausea/ Anti-Motion Sickness (Gravol)
- Diarrhea Prevention (Imodium)
- Laxative (Dulcolax)
- Tummy pain (Pepto Bismol)
- Heartburn/Indigestion (Tums, Gaviscon)
- Travel Probiotics

## Recovery/Keeping Healthy

- Vitamins
- Electrolytes

## Allergy/Ointments

- Allergy Meds (Benedryl - there are pills and topical ointment)
- Antibacterial Ointments (Neosporin, Polysporin)
- Bug bite cream

## Cuts/Blisters

- Alcohol Wipes (in case of a cut)
- Band-aids (different sizes)



## Others

- Birth Control Pills
- Sleeping Pills (Melatonin)
- Destination-specific medication (eg. altitude sickness meds)

## Prescriptions:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\*\*\* For your prescriptions, make sure you have enough to last you the entire duration of the trip + few days after your return.