

Over-the-Counter Travel Recommendations
All are available at UCSB Student Health Pharmacy

Name _____

Date _____

PERM# _____

Mosquito Bite Prevention:

Ultrathon Insect Repellant (DEET)
Natrapel (DEET alternative Repellant)
Permethrin Insect Clothing Repellant
Mosquito Net
Mosquito Net with Insecticide

Allergy Medication:

Benadryl (Diphenhydramine)
Allegra 24 Hr (Fexofenadine)
Claritin 24 Hr (Loratadine)
Zyrtec 24 Hr (Cetirizine)

Motion Sickness:

Bonine (Meclizine)

First-Aid & Other Supplies:

First-Aid Kit Container
Alcohol Wipes
Artificial Tears
Bacitracin (Antibiotic Ointment)
Band-Aid (Assorted Size – Large)
Bandage Gauze Roll / Pads
Bandage Wrap (2", 3", 4", 6")
Ear Plugs (2 Pair)
First-Aid Tape
HiBiclens Cleanser
Hydrocortisone Ointment
Melatonin Tablet #100
Miconazole (2% Anti-fungal Cream)
MoleSkin Pad
Maxi Pads
Tampons (Super-Plus / Super / Regular)
Purell Hand Sanitizer - Small or Large
PLAN B
Condoms Latex Assorted # 6
 Non-Latex
 Trojan Magnum
 Female Condom (FC2)

Traveler's Diarrhea / Constipation Medication:

Imodium
Pepto-Bismol Tablets
Docusate (Stool Softener)
Dulcolax
Oral Rehydration Salts (DripDrop)

Cold & Flu Medications:

Cough Drops
Advil (Ibuprofen)
Afrin Nasal Spray
Digital Thermometer
Robitussin DM Cough Syrup
Tylenol (Acetaminophen)

Sunscreen (Assorted Large)
Banana Boat (SPF 30, 1 oz.)