

Packing a Travel Health Kit

Below you will find a general list of travel products that have proven helpful to travelers. Some items may not be relevant to you or you may need additional items. During your travel preparation visit, discuss other needs with your provider based on your history and itinerary.

Prescription medicines: (verify with Embassy/Consulate if legal in destination country before departure, store in original container, carry a copy of prescription, pack in carryon luggage, carry letter from MD particular if narcotics or psychotropic medications)

- **Your prescriptions** for ongoing or possibly recurring medical concerns
- Self-treatment **antibiotic for travelers' diarrhea**, if needed (See Traveler's Diarrhea handout)
- **Altitude sickness medicine**, if needed (See Altitude Sickness handout)
- **Malaria prophylaxis**, if needed
- **Epinephrine** auto-injectors (EpiPens), if you have a history of severe allergic reactions

Over-the-counter medicines

- **Diarrhea medicine** such as Imodium and/or Pepto-Bismol: (see Traveler's Diarrhea handout)
- **Antihistamine** for allergies, bug bites, sleep aid if you choose Benadryl
- **Motion sickness medicine**, if needed
- **Cough medicine** or drops
- **Decongestant** for nasal or sinus congestion
- **Ibuprofen** (Advil) or **acetaminophen** (Tylenol) for pain relief, fever control
- **Mild laxative** for constipation
- **Nasal decongestant** (e.g. Afrin) if needed for ear/sinus pain during flights
- **Antibiotic cream** such as bacitracin for cuts and scrapes
- **Antifungal cream**, particularly if going to a humid environment or a history of fungal infections
- **Hydrocortisone cream** for bug bites or allergic rashes
- **Eye drops**

Other supplies:

- Latex condoms
- Lock/s for suitcases/backpacks
- Alcohol or betadine wipes
- Glasses (consider a spare in case glasses are lost/damaged. Carry a copy of Rx)
- Contact lenses (consider an extra set in case lenses are lost/damaged. Carry a copy of Rx)
- Wound care items such as bandages, gauze, adhesive tape, wound cleanser, moleskin, steristrip
- Hand sanitizer or wipes
- Insect repellent
 - Ultrathon insect repellent
 - Ultra 30
 - Repel Lemon Eucalyptus (DEET alternative)
 - Natrapel (DEET alternative)
- Permethrin insect repellent for clothing. Clothing should be treated before departure according to directions. Recommended brand: Sawyer Permethrin.
- Bed net, consider insecticide impregnated nets
- Sunscreen (SPF 15 or greater) with UVA and UVB protection.
- Sunglasses and hat
- Earplugs
- Disposable gloves
- Digital thermometer
- Scissors and safety pins
- Cotton swabs (Q-Tips)

- Tweezers or Swiss Army type knife with multiple tools (must be in checked luggage)
- Women: supplies for feminine hygiene which are typically difficult to acquire in developing countries.

Documents

- Store a copy of all these papers on the web as well as in a location apart from the original, i.e. bottom of your suitcase
- Health insurance documents
- Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- Establish an “emergency phrase” to surreptitiously convey to family that you are in trouble
- Proof of yellow fever vaccination, if applicable
- If required for your trip, take your completed International Certificate of Vaccination or Prophylaxis card or medical waiver
- 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 (Obtain this information before departure through IAMAT.org or ISTM.org)
 - US embassy or consulate in the destination country or countries

More rigorous itineraries may need:

- Oral Rehydration Salts (See Traveler’s Diarrhea handout)
- Water treatment such as Iodine, filter, etc, if needed
- Suture/syringe kit
- SAM splint
- ACE wrap
- Needles or syringes (for diabetes, for example, requires a letter from your doctor)
- Suture kit (May require a letter from your doctor)
- Duct tape

A note about counterfeit medications. Prescription and over-the-counter medications are unreliable in developing countries, as there is typically no equivalent of the FDA to ensure quality. For example, studies by the World Health Organization have shown that “anti-malarials” sold at pharmacies in Southeast Asia have ineffective or no antimalarial properties in up to 70% of the samples, and in many cases have other contaminants such as steroids. It is therefore advised to take plenty of supplies, many of which will come back unused. If other medications are needed, it is recommended to seek care at the clinics listed on IAMAT.org or ISTM.org who will be able to recommend relatively reliable local pharmacies.

FOR ADDITIONAL INTERNATIONAL TRAVELERS’ HEALTH INFORMATION:

<http://wwwnc.cdc.gov/travel> (Center for Disease Control) [IAMAT.org](http://www.iamat.org) (locations of clinics in developing countries, travel insurance)

<https://www.tripprep.com> (malaria maps, etc)

<http://www.istm.org> (location of clinics)



University of California Santa Barbara
Student Health Service
Online Appointments: <https://studenthealthoc.sa.ucsb.edu> or
Call 805-893-3371

<http://www.astmh.org>

<https://travmed.com> (travel related products)

<http://who.int> (World Health Organization)

<http://www.scs-mall.com> (travel related products)