



WANDERERS  
COMPASS

# Travel Medical SUPPLY LIST

Being Prepared and Staying Healthy While Traveling Abroad

## ESSENTIAL HEALTH SUPPLIES

- \_\_\_ Prescription meds in original bottles in a sealed bag/pouch (Keep in Carry-on)
- \_\_\_ List of your prescription meds, medical conditions, and Dr contact at home. Keep with your meds at all times.
- \_\_\_ Over the counter meds (see full list below)
- \_\_\_ Vitamins in small sealed mini baggies
- \_\_\_ First Aid Kit with Neosporin
- \_\_\_ Ace Bandage
- \_\_\_ Ziploc baggies (3) can be used as ice bag
- \_\_\_ Baggie with disposable gloves (10 pair)
- \_\_\_ Hand Sanitizer
- \_\_\_ Disinfecting wipes Travel size
- \_\_\_ Masks (cloth and disposable)
- \_\_\_ Water purification tablets
- \_\_\_ Aloe gel for sunburns
- \_\_\_ Contact sheet with name, passport info, insurance, emergency contact, medical conditions, medications, and US Embassy details or use the Wanderers Compass Emergency
- \_\_\_ Travel Contact Card
- \_\_\_ Medical insurance card
- \_\_\_ Travel insurance info with copies (have policy available electronically)

## PERSONAL ADD-ONS IE IF DIABETIC

NOTE MEDICAL DEVICES SUCH A NEEDLES WILL  
NEED A PRESCRIPTION

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## OVER THE COUNTER MEDS FOR TRAVEL (Do NOT assume you can buy these overseas) **VERIFY WITH A PHYSICIAN IF CONTRAINDICATED**

- \_\_\_ Ibuprofen
- \_\_\_ Tylenol
- \_\_\_ Aspirin
- \_\_\_ Benadryl
- \_\_\_ Travel sickness med (Meclizine)
- \_\_\_ Tums
- \_\_\_ Pepto Bismol chewable
- \_\_\_ Alka seltzer
- \_\_\_ Anti-diarrhea medicine (Loperamide)
- \_\_\_ Mild Laxative
- \_\_\_ Hydrocortisone cream
- \_\_\_ Sudafed
- \_\_\_ Mucus relief (guaifenesin)
- \_\_\_ Nasal Decongestant Spray i.e. Afrin
- \_\_\_ Acid reducer i.e., Prilosec
- \_\_\_ Emergent C, Zinc, Quercetin
- \_\_\_ Eye drops
- \_\_\_ Throat and cough lozenges
- \_\_\_ Vicks ointment travel size
- \_\_\_ Electrolyte mix individual packets

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## MEDICAL SUPPLIES (IF APPLICABLE) PLACE IN SEALED POUCH

- \_\_\_ Thermometer
- \_\_\_ Pulse Oximeter
- \_\_\_ Wrist BP Cuff
- \_\_\_ Stethoscope
- \_\_\_ Extra batteries

[www.wandererscompass.com](http://www.wandererscompass.com)