

Suggested Personal Items for Oversea Travel

- All personal medications, including prescription and over-the-counter medications and diabetic supplies. Take all the medication needed for the entire duration of travel, and some extra in case your travel plans change unexpectedly. Pack it in your carry-on luggage.
- Copies of prescriptions, including the generic names, and a note from your doctor if you require controlled substances or injectable medications.
- Anti-malaria medications as recommended.
- Travelers' diarrhea medication, including antibiotics, if recommended.
- Medication to treat altitude sickness if indicated.
- Antihistamines (e.g., Benadryl, Chlor-Trimeton).
- Decongestants (e.g., Sudafed, nasal spray).
- Motion sickness medication if you are prone to that problem.
- Acetaminophen, aspirin, or ibuprofen for treating pain and/or fever.
- Mild laxative (constipation is common after long flights and car trips).
- Throat lozenges.
- Antacids.
- Antifungal and antibacterial creams or ointments (e.g., Tinactin, Polysporin).
- 1% hydrocortisone cream.
- Epinephrine auto-injector (Epi-Pen) if you or a traveling companion has severe allergies.
- Insect repellent with DEET (aim for 30 to 40% DEET content).
- Sunscreen with SPF of 15 or greater.
- Thermometer.
- Bandages/ Band-aids, gauze, Ace wrap (3 inch)
- Tweezers, scissors.
- Antibacterial hand sanitizer.
- Moleskins for blisters.
- Water purification tablets.
- Condoms/Lubricants

You may contact Arnold Health Service via email dadams@iwu.edu

This list compiled from University Of Denver/DU Health
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