



## TRAVEL HEALTH CHECKLIST

### FIRST-AID KIT

- Adhesive bandages
- Alcohol-based hand sanitizer
- Antiseptic wound cleanser
- Blister pads or moleskin
- Disposable latex or vinyl gloves
- Gauze and adhesive tape
- Safety pins and scissors
- Tensor bandages
- Thermometer
- Tweezers
- Hot and cold pack

### OTHERS

- Aloe vera gel
- Contraceptives
- Insect repellent (containing DEET or Icaridin)
- Ear plugs
- Extra pair of glasses or contact lenses (or copy of prescription) and contact lens solution
- Mosquito net
- Saline eye drops
- Sleep mask
- Sunscreen
- Water purification filter or tablets

### MEDICATIONS

- Destination-specific medication (consult your pharmacist for a pre-travel consultation)\*
- Any prescription or non-prescription drugs normally used at home
- Syringes or needles for medical use<sup>1</sup>
- Allergy medication
- Antacids
- Antibacterial and antifungal spray/cream
- Anti-diarrheal medication
- Anti-motion sickness medication
- Hydrocortisone cream
- Laxatives
- Packets of oral rehydration salts
- Cold and flu medication
- Pain and fever medication

### IMPORTANT DOCUMENTS

- Make a contact card including the following information:
  - ✓ Contact information for a family member or friend in Canada
  - ✓ Contact information for your health care provider
  - ✓ Address and phone number of your accommodation at your destination
  - ✓ Address and phone number of hospitals or clinics at your destination
  - ✓ Contact information of the Canadian Embassy, Consulate or High Commission office in your destination(s)
  - ✓ Emergency phone number from your travel health insurance provider
- Proof of insurance coverage
- Copy of immunization report
- Passport
- List of all your medications<sup>2</sup>

**Packing Tips For Air Travel:** Liquids or gels in carry-on luggage must be in containers that are 100 ml or smaller. For checked baggage, keep liquid and gel containers in resealable plastic bags, as they can leak due to temperature and air pressure changes on the plane.

\*Pharmacists with specialization in travel health services are able to conduct Pre-Travel Vaccination & Health Assessments to determine required and recommended immunizations, as well as offer up to date travel advisories.

1 If travelling with needles or lancets, ensure that needle guards are intact and that you have the accompanying pharmacy labeled prescription medication. Bring documents to support or explain their use e.g. medication list including insulin, B12 or other injections.

2 A medication list may be obtained from your pharmacist. You may also consider having a medication review prior to travel.