

Consider bringing these items with you since access to and the quality of supplies overseas aren't guaranteed.



## Your required medicines and supplies

- All prescription medications that you're currently taking or will need to take while abroad (such as insulin, traveler's diarrhea antibiotic, and malaria preventatives)
- Glasses and contacts
- Medical alert bracelet or necklace
- Supplies such as diabetes testing materials, inhalers, EpiPens

### Important Notes About Prescription Medicines:

Not all prescription medications that are legal in the U.S. are legal abroad, so be sure to check with the U.S. Embassy of your destination country before you leave and talk to your healthcare provider if an alternative is required. Always keep your medicines in their original packaging and carry a note from your healthcare provider detailing what the medicine is for and why you need it.



## Over-the-counter medicines

- Antacid, motion sickness medicine
- Cough suppressant, decongestant, antihistamine, eye drops
- Pain and fever medicine (such as acetaminophen, aspirin, or ibuprofen)
- If needed, mild sedative or sleep aid



## Supplies to prevent illness or injury

- Hand sanitizer (containing at least 60% alcohol) or antibacterial wipes
- Water purification tablets
- Insect repellent (with an active ingredient like DEET or picaridin)
- Sunglasses and hat, sunscreen (with UVA and UVB protection SPF 15 or higher)



## Build your own first-aid kit

- 1% hydrocortisone cream, antibacterial, antifungal ointments
- Oral rehydration salts (electrolyte tablets)
- Antiseptic wound cleaner and bandages
- Aloe gel for sunburns, insect bite anti-itch gel or cream
- Digital thermometer, disposable gloves, cotton swabs, tweezers

## In addition to medical supplies, be sure to have these medical documents with you:

- Health insurance card and documents
- Proof of yellow fever vaccination (if required for your trip)
- Emergency contact cards with the names, street addresses, phone numbers, and email addresses of your emergency contacts in the United States, including your healthcare provider(s).

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