

Travel Health Checklist

Here's a short health and general medications checklist for your travels:

1. **Prescription Medications:**

- Ensure an ample supply for the duration of your trip.

2. **Over-the-Counter Medications:**

- Pain relievers (e.g., acetaminophen, ibuprofen)
- Antihistamines for allergies
- Anti-diarrheal medication
- Motion sickness tablets

3. **First Aid Essentials:**

- Adhesive bandages
- Antiseptic wipes or ointment
- Tweezers
- Pain relief cream or gel

4. **Personal Health Items:**

- Hand sanitizer
- Face masks
- Personal hygiene products (toothbrush, toothpaste, etc.)

5. **Health Documentation:**

- Health insurance card
- Emergency contact information
- List any allergies or medical conditions

6. **General Health Supplies:**

- Sunscreen with high SPF
- Insect repellent
- Lip balm with SPF
- Reusable water bottle

7. Optional:

- Basic vitamins or supplements
- Prescription glasses/contact lenses and solution
- Any specific medications based on personal health needs

Remember to tailor this checklist based on your health requirements and destination-specific considerations.

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