

FAMILY TRAVEL

Safety Packing List

Medications

- Prescription medications in their original containers for each family member
- Inhalers, EpiPens and other emergency medications
- Topical antihistamine, such as Benadryl cream
- Tylenol or ibuprofen (liquid or chewable for children)
- Medications for constipation and diarrhea
- Motion sickness medication, such as Dramamine
- Antibiotic ointment, such as Neosporin
- Allergy medication
- Antacids

Medical information

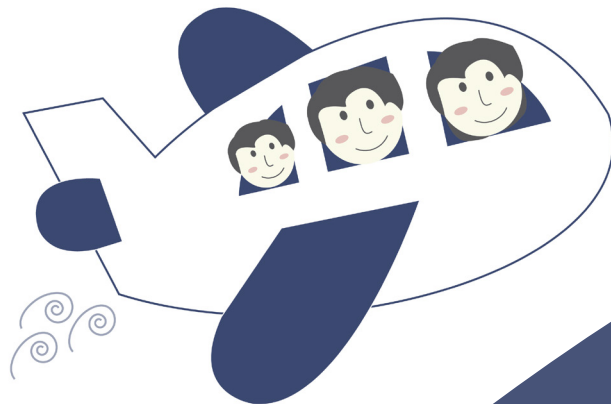
- Letter from your prescribing doctor stating your medical conditions and the medications you need, if traveling abroad
- Names and phone numbers of primary care providers and dentists
- Summary of each person's allergies & medical conditions
- List of each person's medications
- Vaccination records
- Locations of medical facilities around where you're traveling

First aid and medical supplies

- Digital thermometer
- Instant cold pack
- Small scissors
- Bandages
- Gauze
- Alcohol pads
- Emergency blanket
- Tweezers

Other

- Electrolyte powder, such as Pedialyte powder
- Reusable water bottles
- Insect repellent
- Sunscreen
- Car seats



*Check the U.S. Department of State website for medication restrictions in your destination country.