



YOUR TRAVEL *checklist*

Since you never know what can happen, it's better to have all your bases covered. Use the following list to ensure that you have everything you need!



FIRST AID SUPPLIES

- ☐ Antibiotic ointment or cream
- ☐ Antiseptic cleanser for wounds
- ☐ Assorted sizes of bandages
- ☐ Cortisone-based cream or ointment
- ☐ Elastic bandage in case of a sprain
- ☐ First aid kit
- ☐ Hand sanitizer
- ☐ Latex or nitrile gloves
- ☐ Scissors
- ☐ Thermometer



PERSONAL HYGIENE ITEMS

- ☐ After-sun lotion
- ☐ Antibacterial wipes
- ☐ Comb / Brush
- ☐ Condoms
- ☐ Contact lens solution
- ☐ Cotton swabs
- ☐ Dental floss
- ☐ Deodorant or antiperspirant
- ☐ Hair dryer / Flat iron
- ☐ Hairspray / Gel
- ☐ Lip balm with SPF
- ☐ Perfume
- ☐ Razors
- ☐ Feminine sanitary protection
- ☐ Shampoo / Conditioner
- ☐ Shaving cream
- ☐ Soap
- ☐ Sunscreen
- ☐ Tissues
- ☐ Toothbrush and toothpaste
- ☐ Tweezers
- ☐ Water purification tablets



MEDICATION

- ☐ Acetaminophen
- ☐ Antacid
- ☐ Anti-diarrhea medication
- ☐ Antihistamine
- ☐ Antinauseant
- ☐ Epinephrine auto-injector for severe allergies
- ☐ Ibuprofen
- ☐ List of medications
- ☐ Medication for your travel destination (malaria meds, for example)
- ☐ Melatonin (jet lag)
- ☐ Regular prescriptions or over-the-counter medications in their original packaging
- ☐ Rehydration solution

If you are travelling with kids, make sure the medications are adequate for them. Several pediatric formulas are available.



IMPORTANT DOCUMENTS

- ☐ Cash or travellers cheques
- ☐ Debit card
- ☐ Emergency telephone numbers and address of the embassy
- ☐ E-tickets
- ☐ Health insurance card
- ☐ Health record or proof of vaccination
- ☐ ID photo
- ☐ Passport, visas, proof of citizenship (if necessary)



OTHER

- ☐ Adaptor and converter
- ☐ Camera, video camera, batteries and memory card
- ☐ Charger
- ☐ Hat
- ☐ Insect repellent
- ☐ Lock / Suitcase lock
- ☐ Pen and notepad
- ☐ Playing cards
- ☐ Reading material
- ☐ Smartphone and headphones
- ☐ Sunglasses
- ☐ Support stockings for plane travel
- ☐ Travel pillow
- ☐ Umbrella

Always ask your pharmacist before purchasing any medication.



Jean Coutu

Talk with your pharmacist and make sure you have all the information you need to be prepared.