



Checklist FOR TRAVELLERS

You never know what might happen when you're travelling, so it's best to think of everything. Use this checklist to ensure you're fully prepared!



FIRST AID

- Elastic bandage for sprains
- Scissors
- Cortisone cream or ointment
- Hand sanitizer
- First-aid kit
- Latex or nitrile gloves
- Antiseptic ointment for wounds
- Antibiotic ointment or cream
- Bandages in several sizes
- Thermometer



PERSONAL CARE

- Lip balm with sunscreen
- Toothbrush and toothpaste
- Water purification tablets
- Condoms
- Shaving cream
- Cotton swabs
- Deodorant or antiperspirant
- Sunscreen
- Gel / Hairspray
- Antibacterial wipes
- After-sun lotion
- Facial tissues
- Perfume
- Comb / Brush
- Eyebrow tweezers
- Feminine hygiene products
- Razors
- Soap
- Hair dryer / Flat iron
- Shampoo / Conditioner
- Dental floss
- Contact lens solution



MEDICATION

- Acetaminophen
- Antacid
- Antihistamine
- EpiPen autoinjector for severe allergies
- Ibuprofen
- List of medications
- Anti-nauseant
- Anti-diarrheal
- Regular prescription or over-the-counter drugs in their original packaging
- Medication for your destination (ex.: for malaria)
- Melatonin (for jet lag)
- Rehydration solution

If you are travelling with children, please ensure that the medication is suitable for them before administering it. Several paediatric formulas are available.



IMPORTANT DOCUMENTS

- Cash or traveller's checks
- Vaccination booklet or record
- Credit card
- Health insurance card and travel insurance information
- Electronic ticket confirmation
- Emergency telephone numbers and embassy address
- Passport, visas, proof of citizenship, if required
- Identification photo



OTHER

- Electrical adapters and converters
- Electronic devices (smartphone)
- Camera, video camera, batteries and memory card
- Compression socks for air travel
- Padlocks / Suitcase locks
- Hat
- Charger
- Insect repellent
- Playing cards
- Sunglasses
- Reading material
- Travel pillow
- Umbrella
- Pen and notepad

Always consult a pharmacist before purchasing any medication.

This service is offered by your

Pharmacist Owners

affiliated to **Jean Coutu**

Talk to your pharmacist to make sure you have all the information you need to prepare for your trip.