



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
- Hand sanitizer
- Latex or nitrile gloves
- Medical tweezers
- Scissors
- Thermometer



PERSONAL HYGIENE ITEMS

- Aloe vera
- After-sun lotion
- Antibacterial wipes
- Comb / Brush
- Condoms
- Contact lens solution
- Cotton swabs
- Dental floss
- Deodorant or antiperspirant
- First aid kit
- Hair dryer / Flat iron
- Hairspray / Gel
- Insect repellent
- Lip balm with SPF
- Perfume
- Razors
- Sanitary napkins
- 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 record or proof of vaccination
- ID photo
- Passport, visas, proof of citizenship (if necessary)



OTHER

- Adaptor and converter
- Binoculars
- Camera, video camera, batteries and memory card
- Charger
- Hat
- iPod / MP3 player, headphones and batteries
- Lock / Suitcase lock
- Pen and notepad
- Playing cards
- Reading material
- Sunglasses
- Support stockings for plane travel
- Travel alarm clock
- 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.