HEALTH

Medication and Travel Health Organizer

A planning worksheet for medication, medical supplies, documentation, and continuity of care. It is not medical advice.

Before departure

- ☐ Discuss destination and activities with a qualified medical professional
- ☐ Confirm medication is legal in destinations and transit countries
- ☐ Carry prescriptions in original labeled packaging when appropriate
- ☐ Pack enough medication plus a reasonable contingency
- ☐ Arrange refrigeration, sharps, oxygen, batteries, or medical equipment
- ☐ Verify any battery-powered medication cooler or medical device, its battery type and capacity, and its storage meet current TSA, airline, cruise-line, and destination requirements
- ☐ Carry a copy of prescriptions and generic names
- ☐ Review time-zone dosing with a clinician or pharmacist

Medication list

MEDICATION, DOSE, AND SCHEDULE

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Health contacts

PHYSICIAN

PHARMACY

INSURER ASSISTANCE

EMERGENCY CONTACT

In hand luggage

- ☐ All essential medication
- ☐ Medical devices and supplies
- ☐ Documentation or physician letter
- ☐ Allergy information
- ☐ Basic first aid
- ☐ Destination-appropriate sun and insect protection