



Pediatric Travel Check List

- ❖ Pack your prescription medications in your carry-on luggage.
- ❖ If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your epinephrine auto-injector (for example, an EpiPen or Auvi-Q).
- ❖ Special prescriptions for the trip
 - Medicines to prevent malaria, if needed
 - Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea, if needed.
 - Get recommended vaccines prior to travel (such as typhoid, hepatitis A, MMR, meningitis if needed—talk to your doctor several weeks before traveling to schedule these)
 - Anti-vomiting medication if recommended by your doctor
- ❖ Over-the-counter medicines
 - Antidiarrheal medication (for example, bismuth subsalicylate, loperamide--if recommended by your doctor)
 - Antihistamine (such as Benadryl, Claritin, Zyrtec, or Allegra)
 - Anti-motion sickness medication (if recommended by your doctor)
 - Medicine for pain or fever (such as acetaminophen or ibuprofen)
 - Cough suppressant/expectorant or cough drops (if recommended by your doctor).
 - Antacid
 - Antifungal and antibacterial ointments or creams
 - 1% hydrocortisone cream
- ❖ Supplies to prevent illness or injury
 - Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
 - Sunscreen (preferably SPF 15 or greater) and sunglasses that have both UVA and UVB protection
 - Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol
 - Lubricating eye drops
- ❖ First-aid supplies
 - Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
 - Moleskin for blisters
 - Aloe gel for sunburns
 - Digital thermometer
 - Oral rehydration solution packets

Reference: <https://wwwnc.cdc.gov/travel/page/pack-smart>