

## **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).
- ❖ 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.
- ❖ Over-the-counter medicines
  - Antidiarrheal medication (for example, bismuth subsalicylate, loperamide (if recommended by your Doctor)
  - Antihistamine ( such as Benadryl, Claritin, Zyrtec )
  - Anti-motion sickness medication (if recommended by your Doctor)
  - Medicine for pain or fever (such as acetaminophen or ibuprofen)
  - Cough suppressant/expectorant (if recommended by your Doctor). Cough drops
  - 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) that has 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>

