

London Drugs Travel & Immunization Clinics

Going travelling?
We're here to help.



LONDON DRUGS pharmacy

TRUSTED SINCE 1945



Travel Tips

- Stay hydrated during your trip. Lack of water can worsen jet lag symptoms.
- Be sure to leave your itinerary with friends or relatives. This way they can contact you if there's an emergency back home.
- Write down the names of your prescription medication and carry them with you in case you lose or misplace your medication during your trip.
- There are over the counter and prescription alternatives that may help with jet lag and sleep. Ask our pharmacists to discuss what is best for you.
- Ensure you pack a travel first aid kit that includes items, such as bandages, gauze, moleskin, antibacterial ointment and medicine for pain and antacid.
- While masks are no longer mandatory, it is recommended to wear in enclosed areas with many people and lack of fresh air flow, like your flight.
- Whether you're travelling or not, consider getting a flu shot. The influenza virus changes from year to year, so get your vaccination annually.
- Visit ldtravelclinics.ca for a wide range of travel products like water filtration bottles, mosquito nets, bug sprays and more.



Don't forget these other important pre-travel arrangements.

Travel Medical Insurance

Your choice for worry free travel! You get up to \$10 million in emergency medical coverage starting from \$20.

Call us at: 1-800-681-6677 or buy online at **LDInsurance.ca**

Passport Photos

Our photo department handles high-quality passport, citizenship and visa photos. We use the latest biometric photo technology to ensure your photo meets the government guidelines. We are so confident in the quality of our passport/ID photos, we offer you the **London Drugs \$50 Guarantee!** Ask us for more details!

For more information, visit **londondrugs.com/PassportPhotos**





Visit us before you travel

About the Clinic

Speak with an internationally certified **London Drugs Travel Clinic Pharmacist** at least 6 to 8 weeks before your departure.

Our pharmacists will:

- Discuss health risks specific to the destination of travel
- Administer required and recommended vaccinations
- Recommend oral medications, which can be prescribed by your physician
- Bill most third-party plans directly

Please note: A fee applies for this service.

Travelling with Diabetes

You can also book an appointment with a **London Drugs Certified Diabetes Educator** to get advice on any adjustments you might need to make to your meal plan, your medication or insulin schedules.



London Drugs Travel Clinic Locations

BRITISH COLUMBIA

- Abbotsford (High Street Mall)
- Gibsons
- Kamloops
- Kelowna
- North Vancouver
- Penticton
- Squamish
- Surrey (Cloverdale)
- Victoria (Saanich Centre)

ALBERTA

- Airdrie
- Calgary (Beddington Towne Centre, London Place West, and Royal Oak Centre)
- Edmonton (Southgate Mall)
- Lethbridge
- Red Deer
- Sherwood Park
- St. Albert

SASKATCHEWAN

- Saskatoon (Lakeside)

To see all our Travel Clinic locations,
please visit

[ldtravelclinics.ca](https://www.ldtravelclinics.ca)

Book an appointment online at [ldtravelclinics.ca](https://www.ldtravelclinics.ca)