

traveller's checklist

Ensure a safe and problem-free trip
by packing these items with you!

medical supplies

*(check with a pharmacist for
the best products for you)*

- Antibiotic ointment
- Antidiarrheals
- Antifungal cream
- Antifungal vaginal cream
- Antihistamine
- Contact lens supplies
- Decongestant
- Earplugs
- Eye drops
- First aid kit
- Foot care
- Indigestion remedies
- Laxatives
- Motion sickness remedies
- Pain reliever
- Prescription medications
- Rehydration tablets/
solution
- Sleep aids
- Thermometer
- Vitamins

personal care

- Body bar/wash
- Comb/brush
- Condoms

- Cotton swabs
- Dental floss
- Deodorant
- Extra reading glasses
- Hairspray
- Hand sanitizer
- Cosmetics
- Make-up pads
- Moisturizer
- Mouthwash
- Menstrual products
- Shampoo & conditioner
- Toothbrush
- Toothpaste
- Mirror

outdoor necessities

- Hard shell glasses case
- Insect repellent spray
- Lip balm with sunscreen
- Moleskin/blister bandages
- Sandals
- Sunglasses
- Sunscreen
- Sun visor/hat

general items

- Laundry detergent
- Resealable plastic bags

Travel and Immunization Clinic

London Drugs offers a full range of services to ensure you have a healthy,
memorable trip. For more information, visit us at ldtravelclinics.com



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Traveller's check list continued on other side →

Traveller's check list continued...

snacks

- Gum
- Nuts
- Granola bars

travel accessories

- Batteries
- Reusable water bottle
- Beach/travel bag
- Flashlight
- Luggage straps
- Maps
- Money belt
- Passport wallet
- Sewing kit
- Umbrella

stationery

- Magazines
- Pens
- Playing Cards

- Books
- Trip diary
- Writing paper

electronics

- Camera & camera case
- Camera charger
- Cell phone & charger
- Tablet or computer
- Electrical plug adaptor
- Electrical voltage convertor
- Noise-cancelling headphones
- Portable powerbank
- Bluetooth security tracker/tag
- London Drugs long distance calling cards (For calls initiated in Canada or the US)
- Memory cards
- One time use cameras (Flash, Panorama and Waterproof)

Don't forget your Passport and Travel Insurance!*

*Passport photos and travel insurance are available at London Drugs!

have a great trip!

Did you know?

*Vaccines are mandatory for travel to particular destinations.
Ask our Travel Medicine Pharmacists for more information!*

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