

Travel Checklist

Whatever the destination or form of travel, your **Pharmasave pharmacist** can help you plan for a healthy trip.

Travel Vaccinations and Immunizations

Depending on your medical history, travel destination and mode of travel, your pharmacist can advise about recommended travel vaccinations and immunizations such as:

- Hepatitis A and B
- Cholera
- Varicella Zoster (Chickenpox)
- Herpes Zoster (Shingles)
- Tetanus and Diphtheria (Td)
- Tetanus, diphtheria, pertussis (Tdap)
- Measles, Mumps and Rubella (MMR)
- Meningococcal (Meningitis)
- Pneumococcal (Pneumonia)
- Influenza (Flu)
- COVID-19
- Polio
- Rabies
- Yellow Fever
- Japanese Encephalitis
- Typhoid

Travel Medications and Prescriptions

Your pharmacist can provide information on how to treat and prevent travel-related illness and how to safely store your prescription medication while travelling. Speak with your pharmacist about:

- Managing your condition and medications, especially if you're crossing time zones
- Ensuring you have enough prescription medication, plus a bit extra in case of unexpected travel delays
- Medication to treat pain and fever
- Anti-nausea medication for motion sickness
- Cold or sinus caplets
- Anti-diarrheal medication
- Allergy, antihistamines and decongestants
- Medication to treat sleep and jetlag
- Oral rehydration
- Anti-malaria medication

Travel Essentials and First Aid Supplies

Your pharmacist can provide advice on what travel essentials and first aid supplies you should have on hand while travelling such as:

- Hydrocortisone cream
- Adhesive bandages, blister and wound care
- Antifungal Cream
- Insect repellent and after bite
- Travel first aid kit and tweezers
- Sunscreen and after burn care
- Hand sanitizer and wet wipes
- Shampoo/conditioner and soap
- Toothbrush, toothpaste and toiletries
- Hand and body lotions
- Eye and Sunglasses
- Ear Plugs and Travel Pillow

Your pharmacist will ensure you have the information you need to be prepared for health issues that may arise while you're away.

Plan ahead and speak with your **Pharmasave pharmacist before you Travel.**