

Travel Medicine Pouch Packing List

- Anti-Bacterial Hand Wipes
- Vitamin C Supplements (such as Airborne or Emergen-C)
- Ibuprofen
- Allergy Medicine
- Zicam or other zinc supplement
- Band-aids
- Neosporin or other first aid salve
- Alka-Seltzer Cold Tablets
- DayQuil Capsules
- NyQuil Capsules
- Comforting Teas (chamomile, echinacea, peppermint, etc.)
- loperamide (Antidiarrheal such as Imodium, etc.)
- Throat Lozenges
- Ginger Chews
- Tissues
- Prescription Medication
- Eye Drops

Packing suggestions courtesy of The Travel Bite. For more packing and travel planning tips, visit www.TheTravelBite.com.