A-5 Travel Safety Packing List

General Protection

- Rubber or alarmed door stop (use from inside of closed door for extra hotel/room security)
- Twist ties/bag locks (use to secure zippers closed on bags or purses)
- Small portable flashlight or headlamp (and extra batteries)
- Earplugs
- Hand sanitizer
- Tissues or toilet paper (especially in developing countries)
- Hat for sun protection
- Sunscreen (do NOT pack aerosol cans)
- Bug spray (do NOT pack aerosol cans)
- Lip chap
- Toothbrush, floss, toothpaste
- Feminine Hygiene Products (same types not available in all countries)
- Condoms (not subject to the same testing standards in other countries)
- Eye drops
- Extra pair of glasses/contacts (if needed)
- Prescription medications (check if legal in destination country, keep in original bottle)
- Anti-malaria medications (if travelling to a region where malaria occurs)
- Altitude sickness medication (e.g. Diamox, if travelling to any location above 8000 feet)

Emergency Kit

- Tweezers
- Bandages
- Gauze
- Waterproof adhesive tape
- Butterfly closures (a.k.a. steri strips)
- Blister tape (e.g. Moleskin)
- Safety pins
- Anti-nausea medication (e.g. Gravol)
- Antacid (e.g. Tums, Rolaids)
- Acid reducer (e.g. Zantac)
- Allergy medications (even if you do not think you have any allergies!)
- Pain relief medication (Ibuprofen/Advil or Acetaminophen/Tylenol)
- Throat lozenges (e.g. Halls)
- Anti-diarrhea medication (e.g. Imodium)
- Laxative
- Oral rehydration salts (e.g. Gastrolyte)
- Antibiotic ointment (e.g. Polysporin)
- Anti-fungal agent (e.g. Clotrimazole cream)
- Latex gloves (several pairs)
- Sealed container big enough to fit all contents
- Granola bar/Other easy to eat, non-messy snack
- Photocopies of your passport, driver’s license, insurance papers and other important docs
- International calling card
- Your International SOS membership card

Optional Extras

- Epi-pen (if you have a severe allergy)
- Digital thermometer
- Anti-nausea wristbands (purchase in any travel store or at the airport)
- Cotton swabs (e.g. Q-tips)
- Foldable hand fan (for hot countries)
- Cards/dice (for making friends with locals)
- Small gifts (pins, scarf, postcards, etc.) for people who help you
- Small notepad & pencil/pen
- Mini permanent markers (useful for marking your name/phone number on personal property)
- Small sewing kit (remove scissors)
- Nail clippers
- Whistle
- Emergency/weather radio (hurricane zones)
- Hand-warmer/heat pack (great for relieving sore muscles on long flights/bus rides)
- Zipper-seal plastic bags (e.g. Ziploc)
- Small change in USD or local currency (for emergency phone calls or taxi rides)

Tip: Remember that all liquids must be 100mL or less to fly in your carry-on luggage. To pack liquids - squeeze a bit of air out of their containers and individually seal in a Ziploc bag to prevent leaking during flights. Do not fly with aerosol/pressurized containers as they may burst.