

# Pepto-BISMOL™

## WHAT SHOULD I PACK TO STAY HEALTHY?

Remembering to pack a few medications, including your prescriptions and first aid products, can guard against most travel ailments. Many products used to battle travel sicknesses are available at your local drugstore or supermarket and come in compact packages and bottles to keep your travel kit small and lightweight.

A good "travel healthy" medicine kit for Travelling includes:

- Diarrhea, upset stomach, or heartburn remedies such as Pepto-Bismol
- Constipation remedies such as Metamucil®
- Decongestants/antihistamines
- Motion sickness remedies
- Antibacterial soap
- Skin cream/antibiotic ointment (for cuts and scratches)
- First aid supplies (bandages, gauze, adhesive tape)
- Sunscreen
- Insect repellent
- Soothing, non-alcohol-based lotion (for insect bites and sunburn)
- Vitamins
- Thermometer
- Duplicate pair of eyeglasses
- Any prescription medicine that you are taking



\*Use as directed.

In addition to these items for your kit, remember these other prevention tips:

- Carry a list of phone numbers of people to contact in case of a medical emergency.
- Carry your travel kit and prescription medicines with you on airplanes, buses, and in the car.
- Plan ahead. Knowing what to expect at each stage of your trip can reduce stress.

If you can't take enough prescription medicine for the entire trip, ask your physician for written prescriptions stating both trade and generic names of the drugs and dosage given in the metric system.

