

Travel Medication & Health Information Checklist

A printable predeparture checklist for organizing prescriptions, medical information, insurance, and emergency plans.

Traveler: _____	Destination: _____
Departure: _____	Return: _____

6-8 Weeks Before Travel

- Schedule a health review if appropriate for your destination and medical history.
- Review recommended vaccines and destination health notices.
- Confirm that each medicine is legal at the destination and during transit.
- Ask whether any medicine needs a letter, permit, or supporting prescription.
- Discuss time-zone changes for medicines whose timing matters.
- Confirm how much medicine can be dispensed for the trip and possible delays.

Medication Packing

- Keep medicines in original, labeled containers.
- Pack essential medicines in carry-on luggage, not checked baggage.
- Bring enough for the trip plus a reasonable delay, when permitted.
- Carry a current medication list with brand and generic names, doses, and schedule.
- Pack measuring devices, needles, batteries, or other required supplies.
- Plan safe refrigeration or temperature control when needed.
- Separate a backup supply when safe and legally permitted.

Medical Information to Carry

- Brief medical history and current conditions.
- Allergies and serious medication reactions.
- Clinician name and contact information.
- Emergency contact and travel companion contact.
- Copies of prescriptions and a clinician letter when appropriate.
- Medical alert information and relevant device details.

Insurance, Access & Emergency Planning

Keep one paper copy and one secure electronic copy of the most important information.

Insurance and Care Abroad

- Confirm whether your health plan covers care at the destination.
- Review travel medical coverage, deductibles, exclusions, and claim procedures.
- Check emergency dental and prescription-replacement coverage.
- Review medical evacuation limits and who authorizes transport.
- Save the 24-hour assistance number and policy number.
- Identify an appropriate clinic or hospital near each destination.

Airport and Transportation

- Keep medicines and documentation accessible during security screening.
- Request mobility or airport assistance in advance when useful.
- Allow extra connection time for screening, assistance, and restroom needs.
- Carry food or water needed for medication only within applicable security rules.
- Know how to explain refrigerated or injectable medicine to security staff.

Before Leaving Home

- Share the itinerary and insurance details with an emergency contact.
- Photograph or scan the medication list, prescriptions, passport, and insurance card.
- Set phone reminders for medication timing if helpful.
- Pack a small first-aid kit appropriate for the trip.
- Check destination and airline updates one final time.

Questions for my healthcare professional

1. _____

2. _____

3. _____

Important contacts

Insurer / assistance: _____

Emergency contact: _____

Urgent reminder: Seek emergency care for severe breathing difficulty, chest pain, fainting, sudden one-sided weakness, or other potentially life-threatening symptoms.