



Travel Health & Medication Worksheet

Organize medications, health needs, and emergency information

This worksheet is for organization only and is not medical advice. Consult qualified medical professionals for destination-specific health advice and medication questions.

Before Travel

- ☐ Review destination health information.
- ☐ Confirm medication supply and refill timing.
- ☐ Keep medications in carry-on luggage.
- ☐ Bring copies of prescriptions and medication information when appropriate.
- ☐ Plan how to access care during the trip.

Medication & Health Tracker

Medication / Item	Dosage	Schedule	Prescriber / Contact	Notes