

Travel Well: *Before You Go*

A little planning
before your trip can
prevent a lot of stress
once you arrive.



1



Pack More Than You Think You'll Need

- Bring enough medication for your entire trip, plus a few extra days in case your plans change.
- Keep all medications in your **carry-on bag**, not your checked luggage, so they're always with you.
- Pack any important medical supplies (such as inhalers, insulin, glucose monitors, or EpiPens) where they're easy to reach.

2



Know Your Medications

- Keep an up-to-date list of your medications, doses, and allergies on your phone or in your wallet.
- If you take a **controlled medication**, travel with it in its labeled prescription bottle.
- Know how to contact your healthcare provider if questions come up while you're away.

3



Plan Ahead

- Check that you have enough refills before you leave.
- Know where you would seek medical care if you become ill during your trip.
- Make sure you're up to date on any routine or travel-specific vaccines if appropriate.



*A little planning today
leads to a healthier,
safer, and more
enjoyable trip.* 

 Looking for more free health resources?
Visit the CFP Care Hub!
carterfamilypractice.com/care-hub



Questions for Karen

- Do I need any vaccines for my destination?
- Are there any health concerns I should consider based on my travel plans?
- How can I prepare if I have a chronic condition?



Karen's Tip

Start a travel checklist a few weeks before you leave so you have time to refill prescriptions and gather what you need.



A Moment to Reflect

What helps you feel most prepared and at ease when you travel?

Foundation Habits

Small daily choices that support your health—at home and away.



Contact Karen

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I'm Here for You 

Have a question or concern?
Please reach out—my door is always open.

