

Karen's Corner

• FIELD NOTE •

TRAVEL WELL SERIES #2

Travel Well: *Building Your Travel Health Kit*



Having the right health essentials with you can help you handle minor issues, stay comfortable, and focus on enjoying your trip.

1

Your Medications



- ☒ Pack all prescription medications in your **carry-on bag**.
- ☒ Bring enough for your entire trip, plus extra in case of delays or changes.
- ☒ Keep a **current medication list** with dosages.
- ☒ If you take a **controlled medication**, keep it in its labeled prescription bottle and know the laws for your destination.

2

Don't Forget These Essentials



- | | |
|---|---|
| ☒ Pain reliever (acetaminophen/ibuprofen) | ☒ Thermometer |
| ☒ Allergy medication | ☒ Hand sanitizer |
| ☒ Antidiarrheal medication | ☒ Sunscreen |
| ☒ Motion sickness medication | ☒ Insect repellent |
| ☒ Antacid / indigestion relief | ☒ Tweezers |
| ☒ Cough drops | ☒ Small scissors |
| ☒ Saline nasal spray | ☒ Instant cold pack |
| ☒ Bandages & antibiotic ointment | ☒ Any personal health items you use regularly |

3

Health Documents



- ☒ Insurance card (front and back)
- ☒ Medication list
- ☒ Emergency contact information
- ☒ Vaccination records (if required or recommended)
- ☒ Copies of important medical records (if relevant)



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 to pack extra medical supplies because of my health condition?
- Is there anything I should avoid taking with me when I travel?
- What health items do people commonly forget to bring?



Karen's Tip

I like to keep all of my medications and health essentials together in one small travel pouch. It makes everything easier to find when you need it—and gives you one less thing to worry about while you're away.



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.



Stay Hydrated



Eat Well



Move Daily



Rest Well



Manage Stress



Contact Karen

407-867-1758



karencorner@carter-familypractice.com



www.carterfamilypractice.com

I'm Here for You 

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

