



BE AWARE & TAKE CARE:
Talk to your pharmacist!

Traveling Medicine Chest

Before you leave home for vacation or business, it may be helpful to pack the following items to take on your trip. Planning ahead can prevent your trip from being ruined by minor illnesses.

- pain reliever (such as Tylenol, Advil, or Motrin)
- antacid (such as Maalox or Gaviscon)
- diarrhea treatment (such as Pepto Bismol, Kaopectate, or Imodium)
- constipation treatment (such as Senokot or Milk of Magnesia)
- motion sickness medication (such as Meclizine)
- rash or insect bite remedy (such as 1% hydrocortisone cream)
- allergy symptom reliever (such as Claritin or Chlor Trimeton)
- decongestant medication (such as Sudafed)
- cough or congestion reliever (such as Mucinex D)
- cut/scrape treatment (such as Neosporin, Bacitracin, or Band-Aids)
- eye irritation reliever (such as Artificial Tears)
- sunscreen
- multivitamins
- prescription drugs normally taken, in their original labeled containers (this is important if you need to have prescriptions refilled while away from home)

Talk to your doctor or pharmacist if you have any questions about over-the-counter medications and prescription drugs.

California State
Board of Pharmacy
1625 N. Market Blvd.
Suite N-219
Sacramento, CA 95834

www.pharmacy.ca.gov
(916) 574-7900

