



# Traveling or Studying Abroad?

## Some Tips and Hints from Naz Health Services Staff

### Prescriptions medicines:

- Make sure you get enough of any prescription medicine to last easily through the duration of your trip, PLUS 2-3 weeks.
- When possible, pack your prescription medicines in original labeled bottles.
- Don't pack all your medicines in your luggage. Keep some in your carry on to allow for lost baggage or a delay when you cannot access your luggage.

### Over the counter (OTC) medicines:

- Please take a variety of OTC meds with you including pain relief (Tylenol or ibuprofen), cold/cough meds, antacids and anti-diarrheals.

### Eyeglasses/Contacts

- If you wear glasses, it is always a good idea to travel with two pair, even if one is a slightly older prescription. Pack the back up pair in your checked luggage, and keep/wear your "good pair" on the plane.
- Contacts- make sure you have an adequate supply, and then bring one or two more sets. Contacts get lost, eyes get irritated, and trips get interrupted or extended sometimes. Pack a copy of your prescription too.

### Birth Control (and Safety)

- If you are on Birth Control Pills, bring enough packs to last at least one month longer than you plan to be gone. Pack some in luggage, have an extra pack in your carryon bag. Packs get lost, dropped in bathtub, etc.
- Bring condoms. Safer sex is smarter sex. If you don't plan on any intimacy "events" while traveling, you might find it useful to have brought some along...for you or that roommate that forgot to pack them.

### Medical Information:

- Bring a copy of your contact or eyeglass prescription.
- Bring a copy of your immunization /shot record and Insurance Card/Info.
- Bring an index card with a list of your medicines, medical conditions, and any allergies you have to foods or medications.
- Put all this and a photocopy of your passport in a zip lock bag in baggage.

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