



Valu-Med Pharmacy

Valu-Added Price / Valu-Added Service / Our Way of Doing Business

Pre-Travel Checklist

First Aid Items:

- Absorbent cotton
- Absorbent gauze
- Tape
- Alcohol swabs
- Antiseptic
- Adhesive bandages
- Cotton swabs
- Antibiotic ointment/cream

Medications:

- Copy of all personal meds
- Antacid
- Antidiarrheals
- Pepto-Bismol
- Laxative
- Antinausea/motion sickness
- Antihistamine (i.e. Benadryl)
- Antimalarials
- Cough Medicine
- Throat Lozenges
- Tylenol
- Ibuprofen
- Decongestant
- Eye drops (lubricants)
- Skin Care products
- Hydrocortisone Cream

Additional items:

- Sunscreen (SPF >15)
- Lip balm
- Insect repellent (with DEET)
- Insect bite medicine
- Antiseptic hand gel/soap
- Oral thermometer
- Dental Floss
- Petroleum Jelly
- Sunglasses
- Tweezers
- Scissors

Travel Health Consultation

See Pharmacist for most up to date Vaccine and Travel Recommendations