

PHARMACIST QUICK REFERENCE FOR TRAVEL

By @DontBeThatTourist | Pharmacist-Approved Travel Rx

PRE-TRIP PREP

- Routine: MMR, Tdap, influenza, COVID boosters
- Travel-specific: Typhoid, Hepatitis A/B, Yellow Fever
- Regional: Japanese Encephalitis (Asia), Rabies (animal exposure), Cholera (select regions)
- Tip: Some vaccines need 2+ weeks for full protection—plan ahead.

Travel Med Kit Essentials

- Prescription meds in original labeled containers
- Standby antibiotics (azithromycin, amoxicillin)
- Antimalarials (destination-based)
- Motion sickness: meclizine / scopolamine
- Antiemetic: ondansetron ODT
- Antihistamines + 1% hydrocortisone cream
- Pain/fever: acetaminophen ± ibuprofen
- Loperamide ± bismuth subsalicylate
- Oral rehydration salts
- Acetazolamide for altitude

IN-TRANSIT & JET-LAG CARE

- Compression socks for flights > 4 hours
- Hydration over alcohol—pair every drink with at least two waters
- Melatonin: short-acting, 0.5–3 mg taken 1–3 hours before your destination bedtime.
- Avoid mid-flight dosing unless it aligns with local nighttime
- Helps shift your circadian rhythm without grogginess
- Get up and stretch every 1–2 hours
- Avoid diphenhydramine—it causes hangover-style grogginess and dehydration
- Moderate caffeine; consider magnesium glycinate for rest and muscle recovery

DESTINATION HEALTH & SAFETY

Food/Water Safety

- “Boil it, peel it, cook it—or forget it.”
- Use bottled water for teeth-brushing
- Avoid raw vegetables & unpasteurized dairy
- Start probiotics 1 week before travel

Sun / Altitude / Insects

- SPF 50+, reapply every 2 hours
- DEET 20–30% / picaridin ≥ 20%
- Ascend gradually; avoid alcohol at altitude
- Hat and sunglasses = your vacation PPE

WHEN THINGS GO SIDEWAYS

Traveler's Diarrhea

1. Rehydrate
2. Loperamide + azithromycin (if appropriate)
3. Rest + electrolytes

Respiratory / Sinus Issues

- Nasal saline + pseudoephedrine + guaifenesin (immediate release with plenty of water) + steam
- If no improvement > 7 days → seek care

Medication Safety Abroad

- Purchase medications only from reputable, licensed pharmacies
- Keep a medication list (with generic names) in your phone and carry-on

PHARMACIST COUNSELING CORNER

- Mind medication storage temperatures (especially insulin / biologics)
- Adjust dosing for time-zone shifts
- Avoid interactions (e.g., ciprofloxacin + sun = ouch)
- Split meds between carry-on and checked bag

TRAVEL Rx QR CODES



CDC Travelers' Health



WHO International Travel & Health



Jet Lag & Altitude Tips (CDC)



Traveler's Diarrhea Flowchart (CDC)



Medication Storage Guide (FDA)



Don't Be That Tourist Blog

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See the world. Respect the culture. Pack the meds.

