

ELEVATED CARRY-ON'S

Travel medical kit CHECKLIST

The simple checklist I use before every trip.

Daily Medication

- Weekly organizer filled
- Extra doses packed (1–3 days)
- Backup doses labeled
- Prescriptions in original packaging (if needed)

Stomach Support

- Pepto Bismol
- Imodium AD
- TUMS (optional)

Pain & Inflammation

- Pain Reliever (ex: Advil)
- Fever Reducer (ex: Tylenol)

Cold/Allergy Support

- Decongestant (like Mucinex D)
- Antihistamine (ex: Benadryl)
- Nasal Spray (optional)

Skin & First Aid

- Band-aids
- Cortisone
- Bug Bite Thing
- Neosporin (optional)

Prescriptions/Specialty

- Travel prescriptions (ie: malaria pills, antibiotics)
- Motion Sickness meds (if needed)
- Sleep Support (ie: Melatonin, if used)
- Personal essentials

Double Check Before You Leave:

- Meds Labeled
- Organizer filled
- Kit refilled after last trip
- Packed in carry-on
- Extra day or two packed



This checklist is not medical advice – pack based on your personal needs.