Quick packing list for travel abroad

- A small first aid kit with band-aids, antibiotic and a thermometer
- Motion sickness medications
- Over-the-counter pain relievers like Ibuprofen and aspirin
- Rehydration packets
- Allergy medicines such as Benadryl and an Epipen
- Iodine tablets and water filters for purifying water
- Insect repellent and 40% DEET to spray clothing
- Sunglasses
- Sunblock (SPF 15 or higher), sunglasses, wide-brim hat and lip balm
- Condoms and/or dental dams and water or silicone-based lubricant
- Birth control supply
- Yeast infection medicine
- Over-the-counter cold remedies, stool softeners, and antidiarrheal medicine