

e-pill® Travel Medication Packing Checklist

Prepare medications carefully so every dose is organized, protected, and easy to remember while away from home.

Traveler: _____

Trip dates: _____



Important: Keep critical medications with you and follow your prescriber's instructions. Requirements may vary by airline, destination, and medication type.

1. Before You Leave

- ☐ Confirm you have enough medication for the full trip, plus 3-7 extra days.
- ☐ Refill prescriptions before departure and check expiration dates.
- ☐ Ask your healthcare provider how to adjust dose times across time zones.
- ☐ Check destination rules for prescription, controlled, liquid, and injectable medications.

2. Medication Essentials

- ☐ Prescription medications in original labeled containers when required.
- ☐ Over-the-counter medications, vitamins, and supplements.
- ☐ Rescue medications such as an inhaler, epinephrine auto-injector, or nitroglycerin.
- ☐ Updated medication list with medicine names, doses, and prescriber information.
- ☐ Copies of prescriptions and insurance or travel-insurance information.

3. Packing Items

- ☐ Weekly or daily pillbox appropriate for your medication schedule.
- ☐ Medication reminder, alarm watch, app, or travel timer.
- ☐ Carry-on medication pouch or protective travel case.
- ☐ Insulated bag and cold packs for temperature-sensitive medication, if required.
- ☐ Extra batteries, charging cable, and plug adapter, if needed.
- ☐ Medical ID card or bracelet and emergency contact information.

4. While Traveling

- ☐ Keep essential medications in your carry-on bag, not checked luggage.
- ☐ Protect medication from excessive heat, cold, direct sunlight, and moisture.
- ☐ Use alarms and a written schedule to stay on time while traveling.
- ☐ Know where to find a pharmacy and medical care at your destination.

Travel notes / special instructions:



Travel-ready organization
A portable daily pillbox can help keep doses separated and easier to manage away from home.