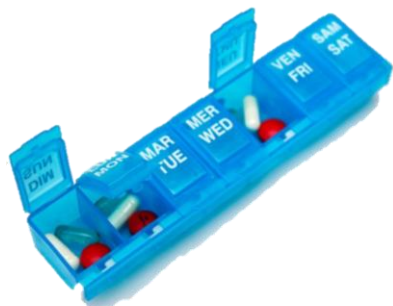


TODAY'S TOPIC: Vaccines, medicines, and aids while traveling

MEDICATIONS

- Keep it organized & labeled!
- Take a photo of all your pill bottles showing doctor's name/#, drug name/mg/scrip#. Keep this photo on your phone or give to Debbie in case it's needed in an emergency.
- You do not need to take full bottles – put it in labeled pill storage organizers like below.
- Consider ordering [PillPacks](#) but plan ahead.
- Keep meds on the plane with you – not in a checked bag!!



VACCINES

NO vaccines are required but these are recommended by CDC: Chickenpox, DTP, flue, MMR, polio, shingles, COVID-19, tetanus.

CDC RECOMMENDATIONS:

[Greece](#) [Israel](#)
[Jordan](#) [Egypt](#)

You can take walking sticks, canes, sleep apnea machines, etc. ON the plane as medical devices and they do not count as luggage. See TSA's rules here: [TSA Medical](#) but also check with your airline.



- Talk to your doctor about what vaccines he/she recommends before traveling. Have them print a medications list if possible.
- Be sure to get enough meds in advance to last the duration of your trip + a week.
- Get a new copy of prescriptions while traveling if meds are lost. Tour guides can help with this if we have the prescription.
- If you are prone to diarrhea or don't want to listen to guidelines about what to eat or not eat in Egypt, ask your doctor for a strong anti-diarrheal medicine to take with you (Egypt only). Recommended for everyone going to Egypt!