

Medicine checklist

for travelling with babies and toddlers



Think Pharmacy First.

Ask Your Pharmacist.

An essential part of planning for the family holiday is packing the supplies you will need to deal with minor ailments. Whether travelling locally or abroad, you can use this checklist to help you plan for travelling with your baby or toddler. Remember your community pharmacist is there to answer your questions and provide helpful advice.

Medication

- Prescription medications** – If you are travelling overseas, check that your child's medication is legal in the country you are visiting. Be sure to discuss with your pharmacist how best to store your medicine, such as maintaining temperature storage, leaving it in its original packaging so it can be easily identified, and making sure you carry a copy of the doctor's prescription or a letter from your doctor. Visit the Australian Government's [Smartraveller](#) website for more information.
- Asthma and allergy medication** – if your child has asthma or allergies or is taking prescribed medicines, it's important to take enough medication not just for the duration of your trip, but also in case there are any delays. Make sure to pack this medication in your carry-on bags in case your luggage is lost in transit. It's also a good idea to take your prescription and/or letter from your GP with you in case you lose some of your supplies or you have to prove that it's for your personal use.

Pain, fever and colds

- Pain and fever** – Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child to accommodate your travel needs. Remember to pack a thermometer for taking your child's temperature, spare batteries if required and other necessary devices such as syringes to measure dosages accurately.
- Colds** – Speak to your community pharmacist about whether there is a suitable product to help ease your child's stuffy nose.
- Teething relief** – Your pharmacist can also advise you on travel friendly relief from teething pain, ensuring a new tooth doesn't stop anyone from enjoying their holiday.
- Swimmer's ear or earaches** – Your pharmacist can ensure you are prepared for unexpected ear ache, swimmer's ear due to too much beach time, or help prevent ear pain due to pressure during a flight.

First aid

- Cuts and grazes** – Your pharmacist can also provide advice on the best travel products to treat cuts and grazes, including child-friendly options that will be sure to put a smile back on your little one's face.
- First aid kit** – First aid kits are not 'one-size-fits-all' and your pharmacist can work with you to ensure all your family needs are met to suit your holiday destination – from sensitive skin and child friendly waterproof bandages for your lazy beach holiday; to cold packs for your accident prone child; drawing out the unexpected splinter during your camping adventure.

Skin

- Avoiding insects** – Talk to your community pharmacist about the most suitable products for your baby or toddler to suit your holiday destination. Remember, not all products are suitable for a baby's sensitive skin
- Bites and stings** – Chat with your pharmacist about products that will best suit your family and your holiday destination.
- Sunscreen and lip protection** – Your pharmacist is best placed to provide advice specific to the age of your child, especially for very young babies.
- Nappy rash** – To soothe and prevent irritation.

Tummy

- Tummy upsets** – Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on rehydration and diarrhoea, constipation and vomiting.
- Motion sickness** – Often parents only discover their child has motion sickness when they're halfway to their holiday destination, your pharmacist can make sure you are adequately prepared to prevent and treat motion sickness.

Other

- Sterilising** – To sterilise bottles and baby feeding utensils.
- Formula** for travel and travel-friendly breast pumps
- Hand hygiene** and you can never have enough baby wipes!

When deciding what to pack ask your community pharmacist for advice, they can take the stress out of travelling with babies and toddlers. You can visit www.findapharmacy.com.au to find your nearest community pharmacy.

