



Medical Supply Shopping List for Travel

Description

Due to several requests from the Wanderers Compass community to make purchasing some items more accessible, I put together this Travel Medical Supply Shopping List. It has many items, medical devices, and even some medications we use for personal travel.

Regarding medications like Ibuprofen, Tylenol, and Aspirin, I will not list those items below. Most people have their own sources for these medications, but all of these common medications are available and can be found on Amazon.

The items listed are the ones we used. It does not mean they have to be a choice you make. There are many good pulse oximeters or BP wrist cuffs. Find what is best for you. Ask your physician if they have any favorite brands. Check out reviews, as overtime quality can change.

As it is always a good practice, please check with your physician before taking over-the-counter meds and supplements. They will know if these would be contraindicated for your health.

All links below connect to Amazon.com. That is all we use; it is fast, reliable, and easy to gather necessary purchases before our trips. Of course, if you have your preferred place, you will likely find most of these items there.

Are you an Amazon shopper? We now have our own Amazon Storefront to make it easier for our readers to see our travel gear and accessories suggestions where several of these medical items are on our list. Click the link below to go directly to our Amazon Travel Store.

[Wanderers Compass Travel Blog Amazon Storefront](#)

Click the image to view the Travel Medical Supply List

Printable & Downloadable PDF

Travel Medical Supply List

Disclosure

All reviews are honest and come from our own experience. Nonetheless, we encourage you to read the recent reviews of all our Travel Medical Supply Shopping List items, as the quality of a product can change over time. Please let us know if your experience differs from ours or if a product is no longer available. Click [HERE](#) or leave a comment at the bottom of the page. If you have a product you swear by, let us know, we would love to try it out!

This page contains Amazon affiliate links. If you use these links to buy something, we may earn a small commission at no additional cost to you. Thank you!

Our Travel Medical Supply Shopping List



Travelon Set of 4 Mesh pouches, Gray

Price Point @ \$12.00

This set of Mesh pouches is a fantastic container for prescription bottles, over-the-counter meds, masks, documents, and our medical devices kit.

[Find this item here](#)



Spartan Industrial – 3” X 4” (1000 Count) 2 Mil Clear Reclosable Zip Plastic Poly Bags with Resealable Lock Seal

Price point @ \$14.00

These fantastic little bags have so many purposes. In travel, medical supplies can hold your daily vitamins, over-the-counter meds, powered supplements, small Neosporin packets, safety pins, etc., 100% food-grade safe, thick, and resealable.

[Find this item here](#)



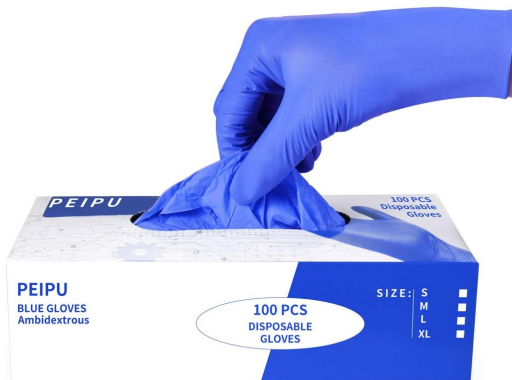


Premium Elastic Bandage Wrap – 4 Pack – Durable Compression Bandage (2x – 3 inch, 2x – 4 inch Rolls) Stretches up to 15ft in Length

Price point @ \$13.00

A must-have for injuries or to secure an ice pack. It provides a firm wrap keeping your muscles tight. It is made of premium polyester and comes with safe closures.

[find this item here](#)



PEIPU Nitrile and Vinyl Blend Material Disposable Gloves, Powder Free, Latex Free, 100 PCS

Price point @ \$17.00

These gloves fit the hand well, provide comfort, have a responsive grip, and have optimal sensitivity. They are Latex and powder-free for sensitive hands or foods. I pack a sandwich baggie full and place several pairs in my first aid kit.

[find this item here](#)



PURELL Advanced Hand Sanitizer Variety Pack, Naturals and Refreshing Gel, 1 fl oz travel-size flip-cap bottle with JELLY WRAP Carrier (Pack of 8)

Price point @ \$14.00

Purell Advanced Hand Sanitizer kills 99.99 percent of the most common germs that may cause illness without damaging the skin. Perfect for frequent use. They are refillable. I hang one off my backpack so for quick access.

[find this item here](#)

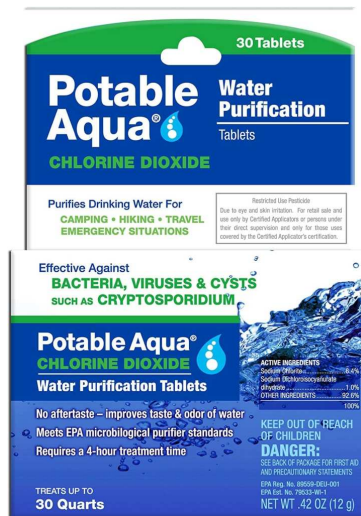


EnerPlex 3-ply Reusable Black Face Mask

Price point @ \$22.00

This has been our go-to mask when traveling and for day-to-day use. They are comfortable, do not overheat, or are rough on the skin. We wash them every night, and they are dry by morning.

[find this item here](#)



Potable Aqua Chlorine Dioxide Water Purification Tablets – 30 Count

Price point @ \$14.00

One pack of 30 Potable Aqua Chlorine Dioxide Water Purification Tablets for Drinking. Water purifying tablets are effective against bacteria, viruses, and cysts, such as Giardia lamblia and Cryptosporidium, like a chlorine dioxide water treatment.

[find this item here](#)



Fruit Of The Earth 100% Aloe Vera 2 oz. Gel

Price point @ \$3.00

For those days you forget to put that sunscreen on, this will provide relief for your sunburn. The small size will hold out until you can get to a store. It absorbs quickly and does not stain.

[Find this item here](#)



Bonine Motion Sickness Tablets-Raspberry-16 ct.

Price point @ \$3.00

Meclizine Hydrochloride treats nausea & vomiting due to motion sickness, seasickness, and air sickness. Minimal drowsiness. The chewable tablet is easy to ingest. Take one hour before travel for up to 24 hours of protection. If you are okayed to take a prescription level strength, Amazon has larger volumes of generic meclizine.

[find this item here](#)



Imodium A-D Diarrhea Relief Caplets with Loperamide HCl, 24 ct.

Price point @ \$11.00

This anti-diarrheal medicine's proven formula works with your body to slow down your system and help restore its natural rhythm and balance. Each anti-diarrhea medicine caplet contains 2 milligrams of loperamide hydrochloride to help control acute, active, and traveler's diarrhea symptoms.

[find this item here](#)



Kirkland Signature Mucus Relief Chest Guaifenesin 400 mg Expectorant – 200 Immediate-Release Tablets

Price point @ \$9.00

Relieves chest congestion. Thins and loosens mucus. It keeps coughs looser. This is a generic form of Mucinex and Robitussin.

[find this item here](#)



Emergen-C Immune+ 1000mg Vitamin C Powder, with Vitamin D, Zinc, Antioxidants Raspberry

Price point @ \$ 12.00

An Enhanced Immune Support Formula with 1,000 mg of Vitamin C, plus Vitamin D and Zinc. Mix dissolves quickly in water. I always take some days before and during the trip if I feel a sore throat or a cold.

[find this item here](#)



Vicks Vaporub Ointment Cream Cough Suppressant and Topical Analgesic of 0.45 Oz JAR – 8 Packs

Price point @ \$18.00

Relieves cough due to common cold. For minor aches and pains. It can be used on the chest, throat, and muscles. There are a lot of alternative uses as well, such as insect repellant.

[find this item here](#)



Electrolyte Mix Super Hydration Formula + Trace Minerals | NEW! Lemon-Lime Flavor (30 powder packets) Sports Drink Mix | Dr. Price's Vitamins | No Sugar, Non-GMO, Gluten-Free & Vegan

Price point @ \$20.00

Dr. Price's Electrolyte Mix has a blend of over 72 Trace Minerals and Electrolytes created to benefit your personal hydration needs. Convenient to-go packets that you can take anywhere. Powdered water-soluble sports drink formula mixes with liquid for FAST and EASY absorption.

[find this item here](#)



Thermometer for Adults Fever Measurements Oral, rectal, and armpit Memory Recall, C/F Switchable

Price point @ \$7.00

Fast and Accurate Reading: Fast measurement, usually, is 0.5-1 minute. This thermometer is clinically accurate with high precision. Works orally, rectally, and in the armpit. It is suitable for measuring temperature for all ages, babies, children, adults, and pets. The waterproof tip allows you to clean the thermometer simply and hygienically.

[find this item here](#)



PARAMED Automatic Wrist Blood Pressure Monitor: Blood-Pressure Kit of Bp Cuff + 2AAA and Carrying case – Irregular Heartbeat Detector & 90 Readings Memory Function & Large Display

Price point @ \$26.00

This blood pressure cuff features a large LCD to allow for less than 30 seconds of readings. Easy to use and lightweight. The ultra-large storage capacity holds 90 measurements, allowing you to track your blood pressure. Batteries included.

[find this item here](#)



Dual Head Stethoscope for Medical and Home by FriCARE, Classic Lightweight Design, Stethoscope

Price point @ \$25.00

Turntable chest piece and flexible tubing provide you the flexibility to hear a full range of sounds and reliable acoustic performance. Latex-free, matte finish tubing can resist sweat, stains, and oil, very easy to keep clean.

[find this item here](#)

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I hope this medical supply shopping list will help you gather the necessary components to ensure you stay healthy during your adventures.

Feel free to contact me if you have any questions about any of these items or have favorite items you wish to share. Of course, I welcome you sharing your health and travel stories.

May your travel be extraordinary and your health excellent!

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Our favorite travel insurance site!

If you book a trip, don't forget to get travel insurance within 14 days of your first booking. We could not be stronger advocates of being well-insured. Not just for the little stuff but the big things like medical emergencies. We never leave home without it. Over the years, we have used many sites but have now found our go-to place. [Squaremouth.com](#) does a fantastic job; it has a user-friendly interface, uses top-rated and reputable insurance carriers, and most policies cover COVID-19 medical issues and cancellations. They also mediate on your behalf if you have problems with your policy.

To empower you as a consumer, we suggest you read our [blog post](#) on the importance of travel insurance and how to get the best coverage from top-rated companies for an affordable price.

[MedjetAssist](#)

Medical transport back home from anywhere in the world

They are the premier global air medical transport. One caveat to travel insurance is that medical evacuation usually gets you to the closest facility to care for you. Medjet gets you back to the U.S. to the hospital of your choice once you are stable enough to fly. They cover COVID-related transport as well.

[Medjet](#) carries its own policies. These policies are only for transport and do not cover other aspects of travel insurance. They have individual trip policies starting at \$99 and annual policies for around \$300. Most of their policies limit the age to 74 and younger. Prices are not based on age below that.

To learn more about how Medical Evacuation membership with Medjet Assist works, check out our [blog post](#) for a more detailed review.

[Expedia.com](#)

Hotels, home rentals, BNBs, flights, and other transportation & tours

[Expedia](#) is a US-based company whose mission is to power global travel for everyone and everywhere. Whether planning a family vacation, booking for business, or organizing the trip of a lifetime, they are a fantastic resource. Wanderers Compass focuses on independent travel, and using sites like [Expedia](#) makes that possible. Every aspect of travel you need, from airfare, accommodations, rental car, and cruises to activities to do at your destination, can be booked on [Expedia](#).

[Booking.com](#)

Hotels, Home rentals, BNBs, Flights, and other Transportation & Tours

[Booking.com](#) connects millions of travelers to memorable experiences, various transportation options, and incredible places to stay – from homes to hotels and much more. It is one of the world's largest travel marketplaces for established brands and entrepreneurs of all sizes.

We always check Expedia and Booking.com to verify prices. At times, one is sold out of rooms while another at the same place has rooms. We also often find some European hotels, especially smaller ones, on Booking.com but not on Expedia. It could be they are a Europe-based company. Try both before booking accommodations.

[Vacation Rental By Owner \(VRBO\)](#)

Are you traveling with a family or having an extended stay at your destination?

With over 2 million bookable vacation rentals, [VRBO](#) connects homeowners with families and vacationers looking for something more than a hotel for their trip. The [VRBO](#) community offers families or groups various rental property types such as condos, cabins, lake rentals, beach houses, etc.

[VRBO](#) is now under the Expedia group's ownership, which many were worried about, but it hasn't panned out to be a concern. It is a massive network with access to all lodging forms should issues arise. Joelle has used VRBO for many years with her family and has had no problems with it.

[Viator](#)

As the leading marketplace for travel experiences, [Viator](#) believes that making memories is what travel is all about. And with 300,000+ experiences to explore—everything from simple tours to extreme adventures (and all the niche, interesting stuff in between)—making memories that will last a lifetime has never been easier.

With industry-leading flexibility and last-minute availability, it's never too late to make any day extraordinary. This one site has it all and has experiences throughout the world. We use them often during our travels, especially for food tours. We especially take the time to read the reviews provided.

[Amazon.com](#)

An excellent source for travel essentials and guides

We now have our own Amazon Storefront with all our favorite travel accessories and gear in one place. Check out our travel store at the link below.

[Wanderers Compass Amazon Storefront](#)

Amazon is one of the most comprehensive online shopping sources in the world. Teams worldwide provide lower prices, better selection, and rapid delivery on behalf of customers. They offer a vast inventory, and their 1.7 million small and medium businesses worldwide selling on Amazon.com offer extensive options to customers.

We buy most of our travel books, accessories, and luggage from Amazon. We have ordered up to two days before travel and get what we need.

HYDAWAY

This is not your ordinary drinkware company. The **HYDAWAY** difference is what their products do when you're not using them. Practical and portable, HYDAWAY doesn't take up unnecessary space in your already-packed life or pile up in landfills. We all know that trying to pack light while being environmentally conscious can be difficult. Having the right items can make a world of difference. **HYDAWAY** provides that.

We have used their collapsible water bottle, carrying case for the water bottle, and collapsible insulated drink tumbler. They are all lightweight and durable. A conservation-focused product you can be proud to buy.

Use our Promo Code. WANCOM15, at checkout for 15% off your Hydaway order

Welcome Pick-ups **(Airport and sightseeing service)**

A global leader in ground transportation for travelers. They help hundreds of companies worldwide enhance their services and boost their revenue with our 5-star ride experiences and hassle-free automation.

Founded in 2015 in Athens, Greece, **Welcome Pick-ups** goes above and beyond the standard transfer service as the first company to deliver a holistic, in-destination travel experience. From the moment a traveler arrives at a new destination until they return home, Welcome accommodates all their travel needs (transfers, travel products, things to do, information) as the easiest, friendliest, and most personalized solution.

PhotoAiD

Do you feel like you are wasting time visiting an on-site photographer only to be embarrassed by the photo? Would you like control of the final product? Get the perfect VISA or passport photo online with PhotoAiD.

When traveling, you often need to apply for official documents such as a passport, ID, and different kinds of licenses or cards. Those applications require a picture that must meet specific conditions to be accepted, depending on the country. Now, it is possible to take this picture at home without the help of a professional photographer. PhotoAiD allows you to take the perfect biometric photo you approve without leaving home.

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