



## Essential Medications for Long Flights: A Nurses Guide

### Description

"Spectacular achievement is always preceded by unspectacular preparation."  
*Robert H. Schuller*

**It is all about preparation; learn what meds you need for common health issues arising during flights and long travel days.**

Are you a minimalist packer? I offer you congrats because I am not. This article is especially for you but will serve everyone. As a nurse, I will pack for all the what-ifs. That has served me well when I have been injured (embarrassingly too often) or ill while abroad. It has also benefited people who travel with me and strangers along the way. Most of us have been on those flights when we hear that scary overhead announcement: Is there a doctor, nurse, or EMT on the plane? I have answered that call several times and am glad I had something to help. I also sat next to people who were miserable during their day of travel, and they had nothing on them to alleviate their symptoms.

Luckily, I could offer those people something to help ease their discomfort. In the case of family and friends who travel with me, they know not to worry about that, and it reduces what they have to pack. This is especially the case for Ryan, co-owner of Wanderers Compass. On our next trip, though, I have to leave before him, and he will meet me in Munich a couple of weeks later for Oktoberfest. Since he usually doesn't carry meds like I do, I contemplated how I could prepare him a travel med packet that is small but complete. It was easier than I thought, and I realized I should share this with our readers, too. So here is this simple yet effective travel tip on essential medications for long flights so you are prepared for the most likely scenarios.



Adobe stock photo

**\*Though all the meds we discuss are over-the-counter, it does not mean it is safe for YOU. ALWAYS check with your medical care provider (not Dr. Google) that you have no contraindications for any of these meds. \***



Adobe stock photo

## **Let's go over the most common issues that arise during flights or long days of travel**

- Headache or body aches
- Motion/air sickness
- Acid Indigestion
- Nausea
- Sore neck or back from sitting for extended periods.

- Diarrhea
- Coughing or sore throat
- Cold symptoms/Sinus issues

All the above can make for a long and miserable day of travel that may start your trip on a sour note. Being able to manage these things can make all the difference. An over-the-counter med can reduce or eliminate most of these issues, and you can arrive at your destination ready to hit the ground running.

***Is there a way to avoid all these issues? Travel preparation should begin in the weeks before you travel. Check out our article on travel health [here](#).***

**What medications for a long flight should be readily handy?**

default watermark



Adobe stock photo

**The list below is the essential medications for long flights I always have on hand, whether traveling for a two-hour flight or a 24-hour travel day.**

**Ibuprofen, Aspirin, or Naproxen (also known as Aleve)**

Not all, just one of them. I prefer Ibuprofen (also known as Advil) myself. These are all NSAIDS and can not be taken together. If you are on a prescription NSAID, you can not take these if your physician contraindicates it.

**Tylenol/Acetaminophen**

This is a pain and fever-reducing medication. It can be used along with an NSAID unless you have a contraindication. For that sore back or back headache, it comes in handy.

## Alka Seltzer

### Dramamine or Meclizine

## Benadryl

Footer Tagline



#### **Pepto Bismol**

This helps with nausea and indigestion. It can reduce diarrhea. It doesn't cause drowsiness.

#### **Loperamide**

This medicine is for the treatment of diarrhea. As we know, that can strike at any time. If during air travel, it is challenging. Loperamide usually stops it quickly.

#### **Cough/Throat drops**

I have been on flights when I started developing a cough or sore throat. Often, it is the dry air. These will help along with some water.

#### **Sudafed**

This is a nasal decongestant. At times, on the day of travel, you have exhausted yourself so much that you now have a stuffy nose. The biggest concern here is your ears. If I have any congestion, I take it 1/2 hour before take-off and 1/2 hour before descent. Anyone with congested ears knows how bad the pain can get in an airplane, so it is best to be prepared.

#### **Moisturizing eye drops**

Dry eyes can be so rough on a plane and also impact sleep. I like the small single-use containers in the picture.

#### **Lib Balm**



This isn't a medication, but I get badly chapped lips on long flights. Having lip balm keeps the lips from cracking, leading to more issues like bleeding or infection.

**Sounds like a lot of medications for a long flight. What matters is you are prepared, and it all fits into a 4x3 in a zip bag, as you see in the image. You can use a sandwich baggy, but I find them too big, thin, and not compact. The bag I use efficiently fits in your hand's palm or a pocket. You are fully prepared for the most common health scenarios while traveling.**

default watermark



default watermark



### ***Complete List of OTC Essential Medications for Long Flights***

- **Ibuprofen, Aspirin, or Naproxen**
- **Tylenol/Acetaminophen**
- **Tums**
- **Alka Seltzer**
- **Dramamine or Meclizine**
- **Benadryl**
- **Pepto Bismol**
- **Loperamide**
- **Cough/throat drops**
- **Sudafed**
- **Moisturizing eye drops**
- **Lip Balm**

### **Things to consider when packing essential medications for long flights – Safety First**

If you are traveling with kids, please make sure they don't have access to any medications. With all meds, that is the case.



Tylenol

Note prescription meds should not be transported this way. They must be labeled with the prescription on the container when traveling, especially internationally.

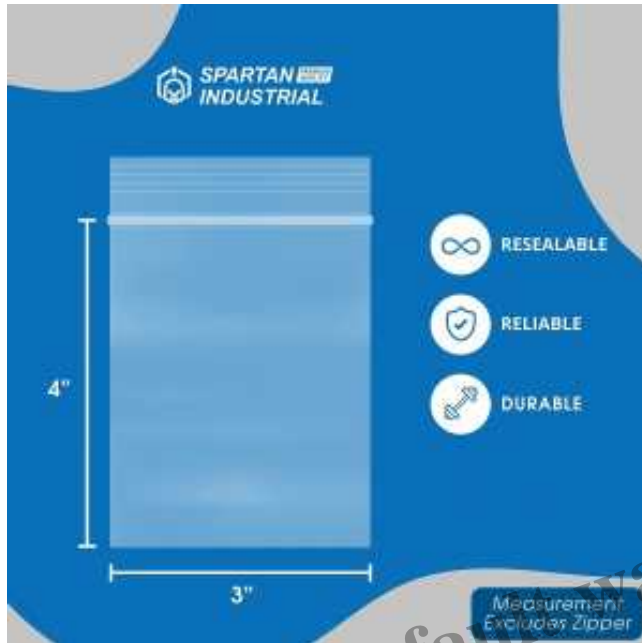
If you are uncomfortable not having some of the meds labeled, you can buy individually wrapped Tylenol, Benadryl, Aleve, and Ibuprofen on [Amazon](#) or in most pharmacies. Most medications in the image were labeled.

Always follow package instructions unless you have been told otherwise by your medical provider.

People often ask what medications they can take on the plane. The answer is pretty much anything. Over-the-counter meds have no restrictions unless they are liquids over 3 ounces or the meds can't cross state borders. You can bring any prescription medication as long as you have the prescription to document they are yours. Internationally, it can vary if you are going someplace any of these drugs are

banned, so that may well be worth researching.

## What are these little zip bags seen in the images?



This is one of my favorite finds in recent years. I buy them on Amazon and have used them for years. My favorite use is for my daily vitamins on a trip. I grab a minibag on the way to breakfast; no time is wasted sorting them out daily. They are great if you take collagen powder or Metamucil daily. Saves space and time. They are thick, and the ziplock works very well. I also find many other uses, such as premeasured spices I need when cooking at someone else's home. These bags are great for kids' snack bags, holding small office supplies, jewelry, and charging cables, to name a few ideas.



A box of 200 is around \$7.00. They have become perfect for your essential medications for long flights





No Caption

**Final Thoughts**

default watermark



World map medicine

If you embark on a dream trip, this travel tip on what essential medications for long flights will serve you well. It will help ensure your journey starts on the right foot. It takes little room, and it prepares you for any likely scenarios that will occur. Traveling feeds the soul while seeing the wonders this beautiful world offers. Being comfortable and healthy will make it even more remarkable—happy and healthy travels.

© 2024 [Wanderers Compass](#) All Rights Reserved

***Enjoyed Essential Medications for Long Flights? Checkout our Tips and Resources page [here](#)***

**Passionate about travel? Subscribe to our Wanderers Compass Community**

Our quarterly newsletters will inspire your wanderlust

**Subscribe**

☐ [I accept the privacy policy](#)

**Check out our most recent blog posts**

[View All](#)





[Destinations](#) / [Hotel Reviews](#)

## **Conrad Tulum Riviera Maya – Luxury Extraordinaire**

An in-depth and honest review of our stay at th Conrad Tulum Riviera Maya...

March 30, 2024



[Destinations](#) / [France](#) / [Monaco](#)

## **Eze France: Medieval Splendor**

Charming Eze, France, is a picturesque hilltop medieval village renowned for its breathtaking panoramic...

March 29, 2024



[Denmark](#) / [Destinations](#)

## [Nyhavn Copenhagen – Ultimate Visitor Guide](#)

To move, to breathe, to fly, to float, To gain all while you give,...

March 28, 2024





[Italy](#) / [Libations of the World](#)

## [Aperol: The Orange Sensation](#)

Our Fifth Featured Libation of the World comes from stunning Italy. The drink that...

March 28, 2024



[Croatia](#) / [Destinations](#)

## **Novigrad on the Dalmatia Coast – A Piece of Croatia Heaven**

Located in Zadar County along the Dalmatia Coast, this medieval village will capture your...

March 28, 2024





[Destinations](#) / [Scotland](#)

## **12 Best Things to Do on the Isle of Skye, Scotland**

Planning a Visit to the Isle of Skye? Read This First! “Wherever I wander,...

March 28, 2024

*Want to learn about [Wanderers Compass](#)?*

[Click Here](#)

## **Our Top Recommended [Travel Products and Resources](#)**

[Squaremouth.com](#)

## **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.

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

**Do you have a question for us or have a comment?**

[Contact us](#)

**Passionate about travel? Subscribe to our Wanderers Compass Community**

Our quarterly newsletters will inspire your wanderlust

**Subscribe**

☐ [I accept the privacy policy](#)

**Category**

1. Travel Health
2. Travel Tips & Resources

**Date Created**

September 11, 2023

**Author**

jmachiaoutlook-com

default watermark