



Travel Tips

For Parents

Parents traveling for international adoption should become educated about necessary immunizations and health concerns for their area of travel. Immunizations and medications differ for each country, so we recommend scheduling an appointment with your local travel clinic before your trip.

To schedule an appointment with the Travel Medicine Program at Riley at IU Health or to speak to a pediatric travel medicine specialist, please call 317.944.7260.

You can also check immunization guidelines on the Centers for Disease Control and Prevention website at wwwnc.cdc.gov/travel.

Items you should consider packing:

- First-aid kit, including antibiotic cream, adhesive bandages, scissors, tape, gauze and rubber gloves
- Prescription medicines
- Acetaminophen or ibuprofen
- Preparations for diarrhea such as Pepto-Bismol tablets or Imodium A-D (to be used by adult travelers only)
- Mosquito repellent
- Sunscreen
- Hand sanitizer
- Cough drops
- Cold/cough relief medicine
- Antacid such as Zantac
- Zofran for nausea/vomiting (contact your primary care doctor)

If you have reactive airway disease, make sure you have an inhaler or other medications even if you do not use the inhaler or medication often. Also, consider requesting ciprofloxacin for traveler's diarrhea from your primary care doctor.

For Children

Please schedule an appointment with the International Adoption Program before your trip. To schedule an appointment, call 317.944.4846, option 4.

Items you should consider packing:

- Moisturizing cream (petroleum jelly, Eucerin, Aquaphor)
- Diaper rash cream (zinc oxide cream or petroleum jelly)
- Fungal rash cream (clotrimazole cream 1%)
- Digital thermometer
- Infant or children's acetaminophen and ibuprofen



- Antibiotic cream for cuts and scrapes
- Hydrocortisone cream or ointment (1%)
- Oral antibiotics (e.g., amoxicillin in powder form and separate liquid container)
- Scabies treatment (permethrin cream)
- Benadryl liquid or tablets

Other Tips

- Check with your medical insurance regarding travel coverage, including medical transportation.
- Visit www.CDC.gov for further travel health information.