

# Going on Vacation? Pack This Kit!

Whether you're bound for the Caribbean or just headed on a weekend road trip, your travel bag isn't complete without these expert-selected essentials.

By **MAGGIE PUNIEWSKA**



**SALINE NASAL SPRAY**

► Travel stress messes with your immune system. "Add dry plane air and you have a recipe for getting sick," says Travis Stork, MD, co-host of *The Doctors*. A spray keeps mucus membranes moist and less hospitable to germs.

**NAIL CLIPPER**

► Sure, you like how a mani looks, but it's for safety, too: Some studies show that longer nails harbor more bacteria, upping your risk of spreading them to food or skin. Trim to a maximum of 1/8 inch beyond your fingertip.

**BANDAGE STRIPS**

► Go with various sizes, no peroxide or ointment needed: "Soap and bottled water work just as well to clean cuts and fight infection," says Nancy Snyderman, MD, chief medical editor for NBC News.

**ELASTIC BANDAGE**

► A one-stop wonder! Use it to wrap a sprained ankle, put pressure on a deep cut or even securely tie up your souvenir-stuffed luggage.

**STOMACH SOOTHER**

► Skip the anti-diarrheal; a more versatile med, like Pepto-Bismol, slows the growth of tummy-troubling bacteria, relieving diarrhea, upset stomach, nausea and heartburn.

**ANTIHISTAMINE**

► Not only does it alleviate allergies (curse you, ragweed!), but it can also save you a trip to the doctor if a rash crops up. Bonus: Popping it 30 minutes before bed might help you snooze if you're jet-lagged.

**ALOE VERA**

► A must-have for soothing sunburn, this cool gel also calms itchy bug bites and blisters after a long day of sightseeing. It's good for zapping blemishes, too.

**PAIN RELIEVER**

► "Ibuprofen is a great choice for easing pain, soreness and inflammation from sprains, arthritis or other issues," says Dr. Stork. It's especially useful for the active and adventurous.

**Traveling abroad?**  
 Certain U.S. meds aren't available or approved in other countries. Pre-trip, ask your doctor for a refill and keep your meds in the original container, clearly labeled, to avoid any issues at customs.