

5 packing essentials for healthy travel



Because your health is all that matters—even when you're travelling!

- 01 A first-aid kit
- 02 Your prescription medications
- 03 A list of emergency contacts
- 04 Proof of insurance coverage
- 05 Over-the-counter medications for minor emergencies

Need to get vaccinated before your trip?
Find your nearest Brunet travel health clinic!

