

## **Mayo Clinic Minute**

### **Travel tips for men and women**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Millions of people hit the road and skies for work and leisure travel. Dr. Mary Jo Kasten says many travelers are great about getting vaccines, but many forget to pack their everyday items.
<b>CLIP 826G0529 at 1:16</b> <b>Mary Jo Kasten, M.D.</b> <b>Infectious Diseases and General Internal Medicine</b> <b>Mayo Clinic</b>	“They want to make sure that they’re bringing, you know, products that they’ve needed here.”
<b>Vivien Williams</b>	Make sure you have prescription medications. Be sure to pack first-aid supplies; contact solution; insect repellent; sunscreen; hand sanitizer; feminine products; over-the-counter medications, such as antacids, anti-diarrhea medications and pain relievers; and U.S.-made condoms. Also, pack medications for recurrent issues. For example, for women ...
<b>Mary Jo Kasten, M.D.</b>	“... if you’ve had a yeast infection in the past, bring something for that, because, sometimes on your trips, you end up — you get diarrhea. You take an antibiotic. And then you end up with a yeast infection.”
<b>Vivien Williams</b>	A little planning ahead can make your trip better. For the Mayo Clinic News Network, I’m Vivien Williams.