

Travel Essentials Checklist for Semaglutide Users

A practical packing checklist for safe storage, security, and customs.

Use this checklist the day before you leave. Check off each item as you pack and confirm travel requirements before departure.

Before You Leave

- ☐ Enough vials for your trip, plus a few extra days
- ☐ Insulated medical travel case with ice packs
- ☐ Small digital thermometer
- ☐ Cloth or sleeve to keep vials off direct ice
- ☐ Syringes, alcohol swabs, and a sharps container
- ☐ Vials in their original labeled pharmacy boxes
- ☐ Printed prescription and a clinician's letter with the generic name
- ☐ Destination and layover country medicine rules, checked in advance
- ☐ Weekly dose reminder set in your home time zone
- ☐ Contact details for your pharmacy and clinician

Ivy Rx Pro Tip: Confirm storage instructions for your specific medication with your pharmacist or clinician before traveling. Keep your medication and supporting documents accessible during transit, and check official rules for every country on your route.