

Packing list for travelling

Helsana wishes you a great holiday

Our supplementary insurance offers you optimal protection against the consequences of sickness and accidents abroad. If you need help when abroad, we will be there for you right away – at any time. Around the clock, 365 days a year.

Health

- Any personal medication*
- Antiseptic, ointment
- Plasters of various sizes
- Scissors and tweezers
- Disposable gloves
- Materials for dressings
- Pain relief: anti-inflammatories that reduce fever
- Cream to treat insect bites
- Antihistamines
- Other medication, depending on your destination

Documents

- Helsana insurance card
- Passport, ID card
- Visa**, confirmation of insurance***
- Vaccination record, blood group card
- Bus, train, ferry or plane tickets
- Booking confirmations
- Credit cards
- Cash
- Address book, incl. emergency contacts
- Copy of accident and breakdown cover, travel insurance
- Driving licence (car, boat, etc.)
- Discount cards (half fare, legitimization card)

Toiletries

- Toothbrush, toothpaste, dental floss
- Hairbrush
- Wet wipes

- Shower gel, shampoo, deodorant
- Tissues
- Nail scissors (not in hand luggage)
- Lip balm with SPF
- Sun cream
- Body lotion, face cream
- Bath towel, hand towel
- Hair dryer
- Sanitary towels, tampons
- Shaving kit
- Contraceptives

Clothing

- Underwear
- Pyjamas
- Socks
- Trousers and shorts
- Skirts
- Blouses, shirts, T-shirts
- Warm jumper, fleece
- Thin jumper
- Jackets, raincoat
- Warm hat and gloves
- Scarf
- Swimwear
- Sports clothing

Footwear

- Comfortable shoes
- Trainers
- Sandals
- Slippers, sliders

Technology

- Camera, with charger and memory cards
- Mobile phone and charger
- Headphones

- Torch, with batteries
- Watch, alarm clock
- Travel adapter plug

Miscellaneous

- Daypack
- Travel guide and phrasebook
- Maps, city maps
- Pen and paper
- Books
- Games, toys
- Sunglasses
- Spare glasses, spare contact lenses, contact lens solution
- Umbrella
- Money belt
- Pocket knife, sewing kit (neither can be taken in hand luggage)
- Laundry detergent
- Laundry bags

Notes

*Obey the import rules in the country where you will be holidaying.

**Make sure you know the visa requirements of your destination. Contact the embassy of the country you are travelling to for information.

***For travel to countries that require a visa, you will need confirmation of insurance, which we are happy to provide. Just give us a call on +41 58 340 18 80, or e-mail us at: international.1@helsana.ch

