

# Packing list for trips

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 on the spot, we will be there to help you quickly at any time. Around the clock, 365 days a year. We won't leave you to cope alone when things get tough.

Our Emergency Call Centre  
will help you with all medical  
emergencies abroad on  
**+41 58 340 16 11**

## Health

- Any personal medication\*
- Travel first-aid kit
- Diarrhoea medication
- Travel sickness medication
- Pain medication
- Other medication depending on the region of travel
- Antiseptic
- Sticking plasters
- Insect repellent
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## Documents

- HelsanaCard
- Helsana confirmation of insurance for travelling abroad\*\*
- Passport, ID, visas
- Vaccination record, blood group card
- Bus, train, ferry or plane tickets
- Booking confirmations
- Credit cards, traveller's cheques
- Cash, foreign currency
- Address book, incl. emergency contacts
- Copy of accident and breakdown cover, travel insurance
- Driving licence (car, boat, etc.)
- Discount cards (half fare, identity card)
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\* Obey the import rules in the country where you will be holidaying

\*\* For a visa for travel to Cuba, Russia and Belarus

## Toiletries

- Toothbrush
- Toothpaste
- Dental floss, toothpicks
- Hairbrush, comb
- Wet wipes
- Soap, shower gel, shampoo
- Deodorant
- Tissues
- Nail scissors (not in hand luggage)
- Lip balm (SPF)
- Sun cream
- Body lotion, face cream
- Beach towel, towel
- Hair dryer
- Sanitary towels, tampons
- Shaving kit
- Contraceptives
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## Clothing

- Underwear
- Socks
- Long trousers
- Shorts
- Skirts
- Blouses/shirts
- T-shirts
- Warm jumper, fleece jacket
- Thin jumper
- Coats
- Raincoat
- Hat, head scarf
- Scarf
- Swimwear
- Gloves
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## Footwear

- Comfortable shoes
- Smart shoes
- Sandals
- Slippers/sliders
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## Misc.

- Helsana travel game
- Daypack
- Travel guide
- Phrase book
- Maps, city maps
- Pen and paper
- Books
- Games, toys
- Sunglasses
- Spare glasses, spare contact lenses, contact lens solution
- Umbrella
- Money belt
- Penknife (not in hand luggage)
- Sewing kit (not in hand luggage)
- Travel wash
- Matches
- Plastic bags
- Camera
- Films, memory card, batteries
- Mobile phone and charger
- Torch, with batteries
- Watch, alarm clock
- Universal travel adaptor
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