



ITEMS FOR A TRIP TO YELLOWSTONE

- **All prescription medications even “as needed” medications**
 - Plus an extra 2 days supply
- **Discuss with your PCP - medication to prevent altitude illness if:**
 - Coming from sea level
 - You have had altitude illness previously
- **Pertinent medical records should you become ill or injured**
 - Including medication list
- **Insect repellent**
- **Sunscreen**
 - UV exposure is more intense at YNP’s higher altitude
- **Sunglasses**
- **Hat with brim**
- **Proper footwear**
- **Clothing for all weather**
 - It can snow any day of the year in Yellowstone!
 - Light, breathable long sleeves and pants with UV protection
- **Bear spray**
 - Cannot carry on a plane



STGi
AT YELLOWSTONE