

Free printable from BIOMIXA

Travel Supplement Checklist

Pack vitamins, powders and capsules without the 5 a.m. scramble: a checklist, a daily pill-and-scoop planner, and a simple way to keep your routine when the time zone moves.

5 pages · US Letter · print the planner once per trip

Made by BIOMIXA, Irvine, California. Related reading: Colostrum in your carry-on.

Before you leave

Packing checklist

One week before

- ☐ Write down everything you take (name, amount, time)
- ☐ Check you have enough to last the trip plus 2 extra days
- ☐ Photo of each label on your phone
- ☐ Prescription medicines: keep original pharmacy labels
- ☐ Ask your pharmacist about time-zone timing for prescriptions
- ☐ Check the rules for supplements at your destination country

Carry-on bag

- ☐ Prescription medicines (never in checked bags)
- ☐ Today's and tomorrow's doses in a labeled pill case
- ☐ Powders in a clearly labeled container
- ☐ A dry scoop in a zip bag
- ☐ Empty bottle or shaker to fill after security
- ☐ A copy of your supplement list

Checked bag (optional)

- ☐ The rest of the trip's supply in original containers
- ☐ Spare zip bags for opened pouches
- ☐ Silica gel packet for humid places

At the airport

- ☐ Powders out for screening if asked
- ☐ Liquids under the 3.4 oz (100 mL) rule
- ☐ Fill your water bottle after the checkpoint

Powders and security. In the US, TSA asks travelers to put larger amounts of powder (over 12 oz / 350 mL) in a checked bag, and powder in carry-ons may get extra screening. Rules change — check tsa.gov "What can I bring?" before you fly.

Back home

- ☐ Unpack and return containers to a cool, dry spot
- ☐ Note any missed days in your log

Count it out once

Daily dose planner

Write each supplement across the top, then tick or write the amount for each day. Pack exactly this many.

	Morning			Midday		Evening		Packed ✓
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								
Day 11								
Day 12								
Day 13								
Day 14								

Tip: write the product names in the blank header cells under Morning / Midday / Evening. Powder: one level scoop per serving — count servings, not scoops-ish.

Jet lag and routine

Keeping your timing across time zones

For most supplements, keeping them tied to a **meal or a habit** (breakfast, brushing your teeth) is easier than chasing the clock. Prescription medicines are different: ask your pharmacist how to shift them.

	Home time	Destination time	What I take then	Tied to (meal / habit)
Wake up				
Breakfast				
Lunch				
Afternoon				
Dinner				
Bedtime				

Ideas that make travel easier

- Pre-portion powder servings into small labeled bags or a 7-day container.
- Unflavored powders can go into a hotel yogurt, oatmeal or smoothie — see how to mix colostrum powder.
- Hot hotel coffee? Let it cool a little first: colostrum in coffee or tea.
- Sleep, water and daylight matter more for jet lag than any pill. Keep a simple log of all three.

Trip notes

Keep going

Notes, resources and fine print

Travel goes better when the routine is boring and already packed. More reading:

- Traveling soon? Why colostrum belongs in your carry-on — the BIOMIXA travel article
- Seasonal routines and colostrum — what research does and doesn't say
- TSA: What can I bring? — official US airport screening rules
- BIOMIXA — unflavored bovine colostrum powder from grass-fed US cows

Notes

About this printable. Made by BIOMIXA (biomixa.com), a small Irvine, California brand that makes one product: Bluegrass Colostrum, 100% bovine colostrum powder from grass-fed US cows, collected in the first six hours after calving. You are welcome to print and share this file for personal and classroom use. Please do not sell it.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Not medical advice — talk to your doctor, especially if pregnant, nursing, or allergic to dairy.