



International Travel Prep

Your Health Checklist

Do Your Research

- ☐ Review the CDC's recommendations on your travel destination
- ☐ Research the specific location(s) you'll be visiting to learn more about health and safety precautions

See Your Doctor

- ☐ Make an appointment with your doctor to talk about your trip at least a month before you go
- ☐ Share any activities or excursions you have planned
- ☐ Get all recommended vaccines and travel medications
- ☐ Discuss any existing medical conditions and how to manage them abroad

Pack a Travel Health Kit

Create your own travel health kit to keep you healthy on the go. Consider packing:

- ☐ OTC medications like antihistamines and anti-diarrhea medicine
- ☐ Prescription medications
- ☐ Medical supplies like glasses, contacts, epi-pens, or inhalers
- ☐ Supplies to protect you from the elements like bug repellent and sunscreen
- ☐ Copies of important documents, including your passport and health

Plan Your Medication

- ☐ Check your prescription medications to see if they'll last the duration of your trip
- ☐ Talk with your doctor to get refills on any medications you'll need
- ☐ Refill any prescriptions at the pharmacy before you go



CHI St. Luke's
Health