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