

Health Prep Checklist (Pre-Departure)

Vaccines, meds, documents, and the basics people forget.

Traveler name	_____
Destination(s)	_____
Departure date	___ / ___ / ____
Primary clinic / doctor	_____
Emergency contact (home)	_____

Use this as a planning checklist, not medical advice. If you have any conditions, are pregnant, or are traveling with kids, check with a qualified clinician early (ideally 4-8 weeks before departure).

1) Vaccines and prevention

<input type="checkbox"/>	Vaccine / prevention	When / dose	Proof saved (Y/N)	Notes
<input type="checkbox"/>	Routine vaccines up to date (tetanus, MMR, etc.)	_____	___	_____
<input type="checkbox"/>	Destination-specific vaccines (e.g., hep A/B, typhoid)	_____	___	_____
<input type="checkbox"/>	Yellow fever certificate (if required)	_____	___	_____
<input type="checkbox"/>	Malaria prevention plan (if relevant)	_____	___	_____
<input type="checkbox"/>	Rabies risk assessment (animals, rural travel)	_____	___	_____

2) Prescriptions and meds to pack

- Enough prescription meds for the whole trip (plus 7-14 days buffer)
- Copies of prescriptions (generic names + dosage)
- Doctor letter for controlled meds / injectables (if needed)
- Basic first-aid: plasters, antiseptic wipes, blister care
- Pain/fever relief, antihistamine, anti-diarrheal, rehydration salts
- Motion sickness help (if you need it)

- Insect bite relief + repellent (DEET/picaridin)
- Sunscreen + after-sun / aloe
- Any specialty items (inhaler, EpiPen, glucose tabs, etc.)

3) Health documents and admin

- Travel insurance policy details saved offline + printed
- Insurance emergency/assistance number saved in phone + written on paper
- Vaccination records (digital + paper backup)
- List of allergies, conditions, and medications (carry-on)
- Medical device info (model/serial) if relevant
- Copies of passport + visas stored separately from originals

4) The basics people forget

- Refill contacts/glasses + bring spare pair; pack a small lens kit
- Contraception / period supplies / condoms (don't rely on finding your exact brand)
- Hand sanitizer + a few masks for crowded transit/clinics
- Water plan: bottle + backup purification (tabs/filter) for uncertain areas
- Sleep support: earplugs + eye mask (small, but trip-saving)
- Foot care: blister pads + comfy socks for long days
- Mental health: a simple "calm kit" (music, breathing app, journal prompts)

5) Quick 'what if?' checks

Scenario	Plan	Where saved
If you lose meds	Local clinic/pharmacy plan + how to show prescription	_____
If you get sick	Insurance assist + nearest clinic/hospital plan	_____
If you need care fast	Local emergency number + address of accommodation	_____

6) Final 72-hour sweep

- Put all meds in carry-on (not checked luggage)
- Separate supplies into two locations (main kit + small day kit)
- Download offline maps + save clinic locations for first stop
- Confirm insurance coverage for activities (driving, hiking, diving, etc.)
- Tell someone at home where your emergency info sheet is stored

Tip: Take a photo of every prescription label and vaccination record, then store them in an offline folder on your phone.