# Health preparation before travel

Use this to organise the conversations and paperwork. Ask a qualified clinician what fits your health, destination and activities; don’t build a medicine kit from a generic list.

Traveller / destinations / departure date

Clinic / clinician / appointment date

## Discuss early

- ☐ Routine and destination-related vaccination needs.
- ☐ Malaria or other prevention where relevant.
- ☐ Existing conditions, pregnancy, children or accessibility needs.
- ☐ Activities, altitude, remote areas and access to care.
- ☐ Medicine supply, storage, import limits and documentation.

## Arrange the practical details

- ☐ Insurance covers the trip, declared conditions and planned activities.
- ☐ Assistance number and relevant health records are saved offline.
- ☐ Prescriptions include the information needed to identify medicines.
- ☐ Essential medicines stay accessible in original labelled packs.
- ☐ A sensible supply for delays is permitted and arranged.

## My preparation record

| Task / question | Who to ask | Date / action | Done |
|---|---|---|---|
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## If something goes wrong

Local emergency number, verified for this stop

Insurer assistance / policy reference

Where I can seek care

How I will replace essential medicines safely

## Useful links

CDC: medicines abroad

CDC: packing a health kit

A planning tool, not a personal medical treatment plan. Medication and entry rules vary by country, including transit.