

Travel Medicine Checklist for Patients

Immunizations



- ☐ **Review Required & Recommended Vaccines for Destination**
 - Routine (e.g., MMR, Tetanus, Influenza)
 - Travel-specific (e.g., Yellow Fever, Typhoid, Hepatitis A/B, Japanese Encephalitis)
- ☐ **Timing of Immunizations**
 - Talk with your Pharmacy Professional to create a schedule that works with your current medications and your travel plans.

Travel Health Essentials to Pack



- ☐ **Prescription medications**
 - Enough for the entire trip + extra
- ☐ **Over-the-counter medicines:**
 - Pain relievers (e.g., acetaminophen, ibuprofen)
 - Anti-diarrheal medication
 - Antacids or acid reducers
 - Antihistamines (e.g., diphenhydramine)
 - Motion sickness medication
- ☐ **First-aid kit (antiseptic, tweezers)**
- ☐ **Insect repellent with DEET or Picaridin**
- ☐ **Sunscreen (SPF 30+)**
- ☐ **Hand sanitizer & disinfecting wipes**
- ☐ **Water purification tablets (remote travel)**

Important Medical & Personal Information

Bring paper and/or digital copies of the following:



- ☐ **Healthcare Provider Contacts**
 - **Name, Phone and Email for**
 - Primary Care Physician
 - Specialist(s) (if applicable)
 - Dentist
- ☐ **Medication & Allergy Details**
 - Complete list of current medications (including dosage and purpose).
 - List of allergies (medication, food, environmental).
- ☐ **Medical Documentation**
 - Summary of Electronic Medical Record (EMR) or patient portal access.
 - Medical Power of Attorney and advance directives.
 - Healthcare Insurance Info:
 - Policy number(s)
 - Emergency contact number(s)
 - Travel insurance details (if applicable)

Before You Go!

- Check country-specific health advisories (CDC/WHO).
- Prepare prescription documentation (if required).
- Bring extra copies of prescriptions.
- Consider wearing a medical alert bracelet if needed.

Pro Tip:



- Keep documents/meds in **carry-on** in case of delays or lost bags.