

Travel Health Checklist

A checklist for getting healthy and ready before a trip, from a doctor visit to medicines, insurance, and food safety.

See Your Doctor or Travel Clinic

- Book a visit four to six weeks before departure
 - Discuss your destination and planned activities
 - Ask about vaccines and any country requirements
 - Review how your conditions may be affected by travel
 - Get advice for high-altitude or remote destinations
- Some preparation needs lead time, so book early

Medicines and Prescriptions

- Pack enough of your regular medicines plus extra
- Keep medicines in original labeled containers
- Carry copies of your prescriptions
- Split medicines between carry-on and checked bags
- Check rules for carrying medicines at your destination

Insurance and Documents

- Arrange travel insurance with medical coverage
- Confirm coverage for emergencies and existing conditions
- Carry insurance details and emergency numbers
- Keep copies of vaccination and medical records
- Note the location of clinics or hospitals at your destination

First-Aid Kit and Supplies

- Pack a compact travel first-aid kit
- Include items for common travel ailments
- Add sunscreen and insect protection if needed
- Bring hand sanitizer and hygiene items
- Carry rehydration supplies for stomach upsets

Food, Water and On the Road

- Check whether tap water is safe at your destination
 - Plan for bottled or treated water if needed
 - Follow safe food choices for the area
 - Stay hydrated and rest to adjust to time changes
 - Know the local emergency number before you go
- For emergencies abroad, use the local emergency number

Important

- This checklist is general information only and is not medical advice; for vaccines, medicines, and destination-specific guidance, consult your doctor or a travel clinic and follow their recommendations
- Check official travel health resources such as the CDC for your destination