

# Travel Vaccination Checklist

A checklist for planning travel vaccines and their timing, from destination requirements to a travel clinic visit.

## Research Your Destination

- Check official destination health requirements
  - Review recommended vaccines for the region
  - Note any required vaccines for entry
  - Consider your activities and length of stay
  - Check guidance for rural or remote areas you will visit
- Use official sources such as the CDC for destination guidance

## Visit a Travel Clinic Early

- Book an appointment four to six weeks ahead
- Bring your full vaccination history
- Discuss your itinerary and planned activities
- Ask which vaccines you need and their timing
- Plan for any vaccines given in a series

## Routine Vaccines

- Confirm your routine immunizations are up to date
- Check whether any boosters are due
- Note your most recent tetanus booster
- Confirm any childhood vaccines are complete
- Ask the clinic to fill any gaps before you travel

## Recommended Travel Vaccines

- Review travel vaccines suggested for your destination
  - Confirm timing so they take effect before departure
  - Schedule any multi-dose vaccines early enough
  - Ask about preventive medicines if relevant
  - Note any side effects to expect
- Your travel clinic will confirm which vaccines apply to you

## Records and Final Steps

- Collect updated vaccination records and certificates
- Carry records with your travel documents
- Keep a digital copy on your phone
- Confirm timing of any final doses before you fly
- Note the location of clinics at your destination

## Important

- This checklist is general information only and is not medical advice; for the vaccines you need and their timing, consult a doctor or travel clinic and official sources such as the CDC, and follow their guidance
- Requirements and recommendations change, so confirm close to your trip