



PRE-TRAVEL CHECKLIST



Provided to you as a service from:

Pat Walker Health Center Travel and Immunization Clinic, University of Arkansas

1. Passport, identification (birth certificate, etc) immunization record.
2. A list of important phone numbers such as home contacts, bank account information, American Embassy, physician, et.
3. Emergency information such as emergency contacts, health history, drug allergies, blood type if known, prescription medications, insurance information.
4. Medical kit: Over the counter medications for pain and fever, allergies, diarrhea, motion sickness or nausea, cold and cough symptoms, hand sanitizing lotion or wipes, hydrocortisone cream, antibiotic ointment, band-aids, dressings, tape, tweezers, thermometer, condoms, feminine supplies, malaria prevention medication and other prescription medications, birth control pills and water purifying tablets or filters if needed.
5. Sun screen, insect repellent, extra contact lenses or eyeglasses.
6. Check for travel alerts at www.cdc.gov/travel
7. Resources: International Association of Medical Assistance for Travelers (IAMAT) www.iamat.org Worldwide directory of English-speaking Physicians, World climate charts, malaria risks, and other travel medicine information.
Center for Disease Control: www.cdc.gov
Divers Alert Network (DAN) www.diversalertnetwork.org Scuba diving and dive safety organization, emergency medical advice and assistance for underwater diving injuries, medical insurance, expert medical information for dive medicine questions, equipment, etc. <http://www.ijet.com>
8. Check with insurance company. Are you covered? Do you need travel insurance?
9. Sources for travel insurance: Access America www.accessamerica.com
International SOS Assistance www.internationalsos.com
Medic Alert Foundation www.medicalert.org
Medjet Assistance www.medjetassistance.com
Travelex www.travelex.com
Travel Guard www.travelguard.com
10. Immunization and Malaria prevention consult.
11. Remember: Be safe and smart. Consider food and water and personal safety. Wear seat belts. Avoid unsafe situations. Drink moderately or limit alcohol intake, if you drink at all. Don't pet stray animals. Don't forget about the risk of sexually transmitted diseases.

HAVE A SAFE AND FUN TRIP