

ISLAND HEALTH TRAVEL CHECKLIST

<https://www.islandhealth.co.uk/travel/>

GENERAL:

1. Valid passport and visa (if required). Some countries want at least 6 months validity on a passport before you travel
2. Travel tickets and itinerary
3. Accommodation details
4. Travel insurance. Does it cover the activities you'll be doing?
5. Cash and credit cards
6. Phone and chargers.
7. Camera and chargers.
8. Clothing and footwear appropriate for your destination and activities. Will you need sun protection? Ensure you use at least factor 25
9. Toiletries and personal care items
10. Medications and first aid kit
11. Travel adapter and converters
12. Copies of important documents (e.g. passport, travel insurance, itinerary)
12. Remember to also check for any specific requirements or recommendations for your destination, such as vaccinations or local customs.
13. Always check the Foreign and Commonwealth Office for updates on your destination.

BASIC MEDICATION AND VACCINATIONS:

1. Check with your doctor or a travel clinic to see if you need any vaccinations or anti-malarial medications for your destination. It is vital you tell us the exact location of your trip and the length of stay. Will you need insect repellent and/or other types of bite prevention for your trip? As well as sprays there are also nets, coils, plug-ins and speciality clothing that can be used to aid bite prevention
2. Complete the travel assessment form online via our website
<https://www.islandhealth.co.uk/travel/>
3. Make sure you have enough of any prescription medications you take regularly to last for the duration of your trip. Controlled drugs may need a doctors note for confirmation you are prescribed them. Don't forget about the changing time zones and medication timings eg oral contraception.
4. Pack any over-the-counter medications you might need, such as pain relievers, allergy medicine, or motion sickness medicine.

5. Bring any medical supplies you might need, such as inhalers, EpiPens, or glucose meters.
5. Consider packing a basic first aid kit with items such as bandages, gauze, antiseptic wipes, and tweezers.
6. If you're traveling internationally, make sure you have a list of generic names for any medications you take, as brand names may vary by country.
7. Keep all medications in their original containers with the prescription label attached, and pack them in your carry-on luggage.

USEFUL WEBSITES:

<https://www.nomadtravel.co.uk/insect-repellent-guide>

<https://www.fitfortravel.nhs.uk/home>

<https://www.gov.uk/government/organisations/foreign-commonwealth-office>

<https://www.bug-off.org/>

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