

Have you organised medical insurance for your travel ? Yes / No

Below is a list of the commonest vaccinations relevant to a lot of frequently-chosen destinations. Many of these may have been given in childhood, others as an adult or prior to previous travel. Please be as complete and as accurate as possible in detailing your immunisation history:

| | | | | |
|---------------------------|----------|----------|----------|----------------------|
| Covid Vaccination: | Date 1st | Date 2nd | Date 3rd | Date of last booster |
| | / / | / / | / / | / / |

Have you checked the entry requirements for the countries you intend to visit? Yes / No

| | | | | |
|----------------------|----------|----------|----------|---------------------|
| Tetanus / aDT | Date 1st | Date 2nd | Date 3rd | Date of any booster |
| | / / | / / | / / | / / |

| | | | |
|----------------------------|----------|----------|---------------------|
| Hepatitis A vaccine | Date 1st | Date 2nd | Date of any Booster |
| | / / | / / | / / |

| | | | |
|------------------------|------|------|------|
| Typhoid vaccine | Date | Date | Date |
| | / / | / / | / / |

| | |
|---|------------|
| 'Flu' virus vaccine (Influenza vaccine) | Date Given |
| | / / |

| | | | |
|--|----------|----------|---------------------|
| Hepatitis B vaccine (for healthcare workers) | Date 1st | Date 2nd | Date of any Booster |
| | / / | / / | / / |

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|--|---------|---------|-------------|
| 'Dukoral' Oral Vacc. (traveller's diarrhoea) | 1st Sip | 2nd Sip | Booster Sip |
| | / / | / / | / / |

| | | | |
|---------------------------|-------------|------------|---------------------|
| Other Travel Vacc. | Name / Type | Date Given | Date of any Booster |
| | | / / | / / |
| | | / / | / / |

Some additional issues for thought:

- Is/are your travel companion(s) **aware** of any significant health issue *you* have?
eg. food allergy, diabetes (or low blood sugar episodes), asthma, epilepsy ... & you aware of theirs?
- Do you have a **copy** of your passport and any important papers, contact numbers, and considered how you will carry documents / money safely?
- Checked current travel advisories? See: <https://www.safetravel.govt.nz/travel-advisories-destination>

- Who knows *where* you'll be (your back-up contacts) & how they'd contact you, ... or vice-versa. Do you need to consider registering your intended travels? See: <https://www.safetravel.govt.nz/register-your-travel>
- Have you organised a personalised **1st aid kit** for this, & future, travels? (... perhaps something for motion-sickness/nausea, pain or cramps, diarrhoea or constipation, cut or rashes, plasters/tape, an antihistamine or antacid ...) or, for an 'over-the-top' list of suggestions, see: <https://wwwnc.cdc.gov/travel/page/pack-smart>
- Might you need a spare pair of reading glasses or contacts?
- Do you need a power plug adaptor o'seas? <https://www.power-plugs-sockets.com>
- If travelling to mosquito-prone areas, have you found some light clothing to cover up against mosquitoes at *dawn & dusk*? ... a good mossie-strength repellent? <https://bestsurvival.org/best-mosquito-repellent/>
- Ladies: depending on the destination & life stage currently, do we need to plan to manage periods while away?
- Sunblock? Sunglasses? Earplugs! ... sense of humour ...

... a little preparation now can help ensure the success of the trip and the avoidance of unnecessary hassles.