

# Preparation Checklist

- Take this with you to your doctor, GYN, and dentist. Make appointment with your family doctor/GYN/dentist **now** - discuss your general health, prescriptions, and vaccines
- Vaccination tip - some insurances will cover vaccines if given by your primary care doctor as opposed to a foreign travel clinic/nurse.
- CDC recommended vaccines: Tdap, MMR, Hepatitis A, Hepatitis B, Typhoid (oral typhoid lasts longer than injection)

## Medications

- Malaria prevention prescription: Malarone 250 mg take one daily starting one day prior to travel and stopping 7 days after travel ( 15 days , 15 pills)
- CNS: Zofran prescription or Dramamine over the counter, Ativan prescription if anxious
- Respiratory/ENT: albuterol and prednisone if asthmatic, nose sprays, allergy meds
- GI: Pepto, Imodium, sport drink packets, fiber if constipated
- Skin: antibiotic -Neosporin, antifungal- Lotrimin, anti-itch - Hydrocortisone, sunscreen, Deet spray (higher percentage Deet lasts longer)
- Blister care: Band-Aids and moleskin
- Bottled water will be available, take water purifying tablets just in case (ex. Aquamira Carbon Dioxide water purifier tablets)

## August 22 or later:

- Spray bag, clothes/socks, shoes with Permethrin spray (lasts about 45 days)

## Key Documents

- (take pic and send email to yourself)
- Passport, medical insurance card, travel insurance, for providers-medical/dental license, DEA

*Center for Disease Control and Prevention Website for Travelers*