

Pre-Travel Check List

Pat Walker Health Center | Allergy, Immunization & Travel Clinic | 479-575-7723 | health.uark.edu

- Passport, identification (birth certificate, etc), immunization records
- A list of important phone numbers (home, bank account, American Embassy, physician, etc.)
- Emergency information (emergency contacts, health history, drug allergies, blood type, medications, health insurance)
- Basic Travel First-Aid Kit (over the counter medications, hand sanitizers, antibiotic ointment, band-aids, condoms, feminine supplies, malaria prevention medication, prescription medications, etc.)
- Check with insurance company. Are you covered? Do you need travel insurance?
- Sunscreen, insect repellent, extra contact lenses or eyeglasses/sunglasses
- Check for travel alerts at www.cdc.gov/travel and CDC travel mobile app
- Immunization and Malaria prevention consult. *Schedule a Travel Consultation at 479-575-7723.*
- Register with U.S. State Department for updates: <http://www.state.gov/travel/>
- Resources:
 - International Association of Medical Assistance for Travelers (IAMAT) www.iamat.org
 - Divers Alert Network: www.diversalertnetwork.org
 - Travelex currency and exchange information: www.travelex.com
- Sources for travel insurance or medical assistance:
 - Allianz Global Assistance: <http://www.allianztravelinsurance.com/>
 - International SOS Assistance: www.internationalsos.com
 - Medjet Assistance (emergency medical evacuation): www.medjetassistance.com
 - Travel Guard: www.travelguard.com

Remember...Be safe and smart

- Consider food, water and personal safety
- Wear seat belts
- Avoid unsafe situations
- Limit/moderate alcohol consumption
- Don't pet stray animals
- Don't forget about STDs

