Pre-Travel Check List

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

- 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:
  - Allianze 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