Your pre-travel health checklist

The bucket list isn't going to tick itself off, but this list will help. Work through it in the weeks before you travel, tick off each step and take it with you. Good preparation is the best travel companion there is.

6 to 8 weeks before you go

- [ ] **Talk to your doctor or one of our experts** about your trip, your health and any long-standing conditions.
- [ ] **Check your vaccinations.** Find out which are required or recommended for your route, as some need several weeks to work.
- [ ] **Are you fit to fly?** If you've recently had an operation, or have a heart or lung condition, check whether your airline needs a medical form.
- [ ] **Check your medication.** Make sure your medicines are available and allowed at your destination, and find out their local names.
- [ ] **Think about the climate and altitude.** Heat, humidity and high altitude can affect blood pressure, breathing and some medicines.

2 to 4 weeks before you go

- [ ] **Order enough medication** for the whole trip, plus extra in case of delays.
- [ ] **Ask your doctor for a short medical summary** listing your conditions and medicines by their generic names. A translation into the local language is even better.
- [ ] **Plan your doses across time zones,** especially for insulin, blood thinners and other time-sensitive medicines.
- [ ] **Travelling with medical equipment?** For a CPAP machine, insulin pump or pacemaker, carry a doctor's letter, check the power adapters and tell your airline.
- [ ] **Need help getting around?** Request airport wheelchair assistance through your airline and check accessibility at your hotel and on excursions.
- [ ] **Going on a cruise?** Find out what the ship's medical centre offers and note the hospitals near your ports of call.

> "Most travel health problems can be prevented with the right advice before you go. Ask your questions early, there is no such thing as a silly one."
>
> Dr. Leo Almeida, Chief Medical Officer

What to pack

- [ ] Medication in its **original packaging**, in your hand luggage, ideally split between two bags.
- [ ] Copies of your **prescriptions and medical summary**, on paper and as photos on your phone.
- [ ] Spare **glasses**, hearing aid batteries and chargers for any medical devices.
- [ ] A small **first-aid kit**: plasters, pain relief, rehydration salts, sun protection and insect repellent.
- [ ] Comfortable shoes and, for long flights, ask your doctor whether **compression stockings** are right for you.

The day before you leave

- [ ] Save the **local emergency number** for your destination in your phone.
- [ ] Note the **nearest hospital or clinic** to where you're staying.
- [ ] Save your **travel insurance policy number** and its assistance phone number.
- [ ] Save **Wide Horizons: +49 175 49 24 136** in your phone and on WhatsApp.
- [ ] Leave a copy of your **itinerary** with a family member or friend.

While you're away

- [ ] Drink plenty of water, especially in the heat and on long flights.
- [ ] Take it slowly at high altitude and give your body time to adjust.
- [ ] Get up and move around regularly on long journeys.
- [ ] Take your medicines at the times you planned, even when the days get busy.
- [ ] If you feel unwell, **don't wait.** Call or WhatsApp us early, day or night.

Want a personal check before you go?

Book a pre-travel consultation with one of our medical and travel experts. We'll go through your trip and your health with you, by phone or video.

Call or WhatsApp +49 175 49 24 136 · contact@compasspoint-assist.com

This checklist gives general guidance only and doesn't replace personal advice from your doctor. Wide Horizons is an assistance service. Compass Point Assist is not an insurance provider.