

# INTERNATIONAL TRAVELER'S CHECKLIST



## SCHEDULE AN APPOINTMENT WITH YOUR HEALTHCARE PROVIDER BEFORE YOUR TRIP

- Have necessary immunizations for your destination
- Discuss how to take medicine as you cross time zones
- Get a letter from your healthcare provider regarding your health history, medicines, allergies and immunization records



## KNOW YOUR MEDICATIONS

- Check with the American Embassy or Consulate about the types of medicines allowed into the country you are visiting
  - Keep all prescription and over-the-counter medicines in original, labeled containers
  - Carry along extra prescriptions, as well as a letter from your healthcare provider explaining your need for the medicine
  - Carry along the generic names of your medicines
- Pack medicine in a carry-on in case checked baggage is lost



## PREPARE FOR EMERGENCIES

- Check insurance coverage for travel abroad
- Have insurance information cards and claim forms
- Have an emergency release form
- Complete the inside page of your passport with important identification and emergency contact information
- Consider wearing a medical alert bracelet if you have allergies or reactions to medicines, insect bites, certain foods or other unique medical problems

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