

# MIMC FACT SHEET 12 (2012)

## TRAVEL CHECKLIST

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### BE PREPARED

- 1. Find out about your destination.**  
Purchase a travel guide, search the web and ask friends who have been there.  
Read about local laws and customs and places of interest.  
Learn a few of the commonly used words and phrases.
- 2. Get medical advice.**  
What countries are you going to travel to? What vaccinations do you need?  
Check out the travel websites below.  
Consider what you might need in your emergency travel kit.  
Think about your fitness to travel, your limitations and special health needs.  
Make a list of your medicines and why you take them.  
Get a travel letter from your doctor which outlines your illnesses, medicines and any severe allergies you may have.
- 3. Purchase comprehensive insurance.**
- 4. Give a copy of your travel plans to family & friends.**  
This includes your passport number, insurance policy, 24-hour emergency numbers and ticket details. **Remember** to take a separate copy for yourself AND the original travel documents.  
Make a list of your luggage contents.
- 5. Check your passport and keep it safe at all times.**  
Check the expiry date and ensure there are clear visa pages.  
Take a copy of your passport with you and keep another copy online.
- 6. Do you need Entry Visa(s)?**  
Ask your travel agent or check with the Embassy or High Commission of the country you are visiting.
- 7. Do you need an International Driving Licence?**
- 8. Money, how much do you need?**  
Check your credit card limit  
How much cash do you need and in what currencies?  
Do you have a secure travel wallet?



### BE PROTECTED

- 1. Take your prescription medicines and a doctor's letter.**
- 2. Use UVA & UVB sunscreens.**
- 3. Consider mosquito protection.**  
Use Repel DEET (30-50%) insect repellants  
Wear long sleeves & long pants especially at night in malaria areas.
- 4. Remember food and water contamination is common.**  
Wash your hands with soap and water or use alcohol sanitizer especially with food preparation & eating  
Purchase bottled water or use purification tablets or iodine.  
Avoid tap/fountain water and ice.
- 5. Wear protective clothing when doing adventure activities.**
- 6. Don't handle pets or animals.**
- 7. FIRST AID KIT - include**
  - FIRST AID quick reference card on what to do in an emergency (website below).
  - Basic first-aid items (Band-Aids, bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
  - Blister plasters
  - Antibacterial wipes & hand sanitizer
  - Condoms if needed
  - Digital thermometer (optional)

#### Medication – if away from civilization

- Anti-malarial\* tablets if needed.
- Antibiotics (ciproxin\* for most bacterial infections – urine, gut, skin, lung)
- Antidiarrheal (diphenoxylate\* or loperamide\*)
- Antihistamine (cetirizine\* or loratidine\*) for allergy and insect bites
- Nausea, vomiting & motions sickness (prochlorperazine\*)
- Pain (paracetamol, aspirin or ibuprofen)
- Oral rehydration (gastrolyte sachets - electrolyte powder)
- Antifungal (miconazole\*) and antibacterial (bactroban\*) skin creams
- Skin irritation (hydrocortisone cream)
- Mild sedative for sleeping (zopiclone\*) also try melatonin\*.
- Water purification tablets or potassium iodine drops.
- Lubricating eye drops

\*Your doctor will provide a script for these.



Useful websites: <http://www.safetravel.govt.nz>, <http://wwwnc.cdc.gov/travel>,  
<http://www.fco.gov.uk/en/travel-and-living-abroad>

USA Red Cross FIRTAID reference card: [http://www.jmu.edu/recreation/Programs/Safety/First\\_AidAdult%20skill%20chart.pdf](http://www.jmu.edu/recreation/Programs/Safety/First_AidAdult%20skill%20chart.pdf)