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TRAVEL MEDICINE CHECKLIST

Print this out, tick off the list and take it with you on your first visit to your doctor or travel medicine specialist.

- Copy of your final itinerary
- List of where you'll be staying (backpacker, friends and relatives, or hotel)
- How long you'll be travelling or staying in a particular areas
- How you'll be travelling (using public transport, hire car or back-packing)
- The reason for your visit (visiting friends and relatives or part of a tour group or holiday)
- When you're travelling i.e. the season
- The types of activities you plan on taking part in particularly those that involve a degree of risk (4WD off-roading, riding motorcycles, or water sports)
- A list of medicines you are taking (including natural remedies) and any allergies to any medications
- A list of current and past medical conditions
- A list of past vaccinations including your childhood vaccinations