

# Your travel checklist.

## From Smarter Traveller

You're going overseas. It might still be a while away, but when you're about to fly, time can fly too.

So well before suitcases are packed and the airport is within sight, go through this checklist.

Keep this document with your passport so you're always prepared.

This travel checklist has been developed and funded by Sanofi.



Visit  
[www.smarter-traveller.co.uk](http://www.smarter-traveller.co.uk)  
for travel disease and support  
information.

Reporting of side effects. If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

## Before you go make sure you have the following <sup>1,2</sup>

### Important documents

- ☐ **Passport**  
valid for at least six months beyond your return date (copy the main page and keep it on your phone).
- ☐ **Visas**  
for the countries you are visiting, if required.
- ☐ **Travel itinerary**  
make sure your itinerary is accessible through your webmail account.
- ☐ **Mandatory vaccination documentation**  
Vaccinations may be required for entry into certain countries, or when returning to the UK. If you have an international vaccination certificate, ensure you take it with you.

### Travel insurance

- ☐ Choose your travel insurance wisely. Read the policy and make sure it covers you for all your planned destinations and activities, as well as everyone you are responsible for. If in doubt ask, and get written confirmation of what you are and aren't covered for.
- ☐ Make sure your insurer is aware of any pre-existing medical conditions.
- ☐ Make sure you're covered for emergency evacuation.
- ☐ Travel insurance is always highly recommended - you don't take out insurance because you think you'll need it, you take it out because you don't know when you'll need it. Ask yourself, "Can I afford the money for £100 insurance, or the £100,000 hospital bill?".

### Spare glasses/contact lenses

- ☐ If you need glasses take a spare set, or at least have your prescription with you in case you lose them.
- ☐ If you wear contact lenses take spares, along with contact lens solution.
- ☐ Make sure you pack sunglasses.

### Vaccinations and medications

- ☐ **Travel vaccinations**  
See your doctor at least six weeks before your departure date. Every trip and every traveller is different, so make it a habit to see your doctor each time you head overseas.
- ☐ **Routine vaccinations <sup>1,2</sup>**  
The World Health Organisation recommends that all travellers are up-to-date with their routine vaccinations including; COVID -19, measles, mumps, rubella, diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, influenza and pneumococcal disease. These vaccinations are mostly given as part of the National Immunisation Program (NIP). In some cases, you may need a booster or re-vaccination against a disease to ensure you still have immunity.
- ☐ **Medications**  
See a Healthcare Professional for travel advice regarding medications you'll need to take with you. You may need a letter from your doctor to confirm the medications are for your personal use. Carry your medications in your hand luggage in case your checked baggage is lost or delayed.



*Bon voyage*

## A first aid kit

Some items to consider packing into your first aid kit:

- ☐ Bandages, sticking plasters, strapping
- ☐ Anti-infective solution and cream
- ☐ Blister care

- ☐ Anti-diarrhoeal, anti-spasm, laxative, indigestion, oral rehydration salts
- ☐ Anti-emetic (to stop vomiting/nausea)
- ☐ Water purification tablets

Ensure a sufficient supply to last your journey; carry them in your hand luggage in case your checked luggage is lost or delayed.

Analgesics (adults and kids),  
anti-inflammatories (adults and kids)

Eye drops, allergy drops

Multivitamins and any other vitamin or supplements you'd usually take, or that may be useful for travel.

Stop itch, burn relief, antiseptic.

Antihistamines, nasal spray, saline spray

Insect repellent, sunscreen,  
moisturiser, lip balm

## Prescription or over-the-counter

While you may be able to buy toiletries overseas, they might not be the same brands or quality that you are familiar with. It's why you should consider packing the following:

- ☐ Deodorant
  - ☐ Hair care products e.g. shampoo, conditioner, hair gel
  - ☐ Skin care products e.g. toner, moisturiser, cleanser
  - ☐ Sanitary protection
  - ☐ Toothbrush, toothpaste, dental floss, mouthwash
  - ☐ Soap and body wash
- A travel toiletry kit (clear for carry-on):
- ☐ Travel bottles (maximum size 100ml)

- ☐ Ear plugs, eye mask, inflatable pillow
- ☐ Compression socks or stockings
- ☐ Tissues
- ☐ Luggage tags and locks
- ☐ Money belt
- ☐ Condoms
- ☐ Power adapters / multi-socket charger
- ☐ Safety pins / travel sewing kit
- ☐ Travel bottles / jars / bags
- ☐ USB / data cards

**Be prepared, take your vaccination record with you.**

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Use the table as a record of travel vaccinations or medications and the date they were administered.

[illegible]

## Being prepared can make a world of difference<sup>4</sup>

You want happy memories of your trip, however getting sick overseas is not always something that we take into consideration as we plan our overseas holiday. Every traveller and each trip is unique. Exposure to disease and developing an illness whilst travelling is influenced by many factors, including but not limited to; duration of trip, destination, itinerary, food and water sources, purpose of travel and type of accommodation. Fortunately, there are prevention measures that can be taken to protect against some of these diseases.

While there is a cost involved, it's not that much when you think of the peace of mind it brings.<sup>1</sup>

**Ensure you see your doctor 6 weeks prior to departure.<sup>3</sup>**

The map below gives you an indication of the disease risks you may need to consider for some commonly visited parts of our world. For some diseases there may be vaccines or preventative medication available; for others there are precautionary measures you can take to help minimise your chance of being infected. Ensure you see your doctor 6 weeks prior to departure.<sup>1,3,4</sup>





## Keeping healthy on holiday

Don't let sickness cut your holiday short. Here are some tips to keep diseases at bay when on holiday.

### Food and water borne diseases<sup>1</sup>

5 star or no star, the risks are still there, especially in developing countries. It only takes one hotel, restaurant or bar employee's poor personal hygiene, suspect ice in drinks or the inadvertent use of tap water when you're brushing your teeth to put you at risk of diseases such as hepatitis A, typhoid, cholera, or traveller's diarrhoea.

#### Precautions to take

- ☐ Water – stick to bottled water, even for brushing your teeth and don't drink the shower water!
- ☐ Ice – freezing water preserves rather than kills germs, so ask for drinks without ice.
- ☐ Fruit – make sure you can peel it yourself.
- ☐ Food – if buying food from street vendors, choose a busy one and make sure it's steaming hot.
- ☐ Hand washing – do it regularly, be thorough, and carry and use alcohol based hand sanitisers.

# sanofi

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For further information on travel health visit  
[www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk)

Sanofi Vaccines also provides travel health information on its website  
[www.smarter-traveller.co.uk](http://www.smarter-traveller.co.uk)

**References:** 1. Travel Health Pro. Factsheets & Resources. Available from: <https://travelhealthpro.org.uk/factsheets> [Accessed November 2022]. 2. NHS. Travel Vaccinations – Overview. Available from: <https://www.nhs.uk/conditions/travel-vaccinations/> [Accessed November 2022]. 3. NHS Inform. Travel Vaccinations. Available from: <https://www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/travelhealth-and-vaccinations> [Accessed November 2022]. 4. Travel Health Pro. Country Information. Available from: <https://travelhealthpro.org.uk/countries> [Accessed November 2022].

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### Airborne and direct contact diseases<sup>1</sup>

There are serious diseases that are as easy to catch as a common cold. They can be passed on through sneezing, coughing, kissing, and sharing drinking and eating utensils. They include diseases like the flu and meningococcal disease; symptoms are similar but getting urgent help with meningococcal disease is critical, so vaccination can help you avoid worry and reduce the risk.

#### Precautions to take

- ☐ Avoid crowds.
- ☐ Avoid kissing, and sharing food and drinks.
- ☐ Be diligent about personal hygiene, use an alcohol-based hand sanitiser.
- ☐ Make sure your vaccinations are current.

### Disease from insect or animal bites<sup>1</sup>

A snooze without a mosquito net, or a stroll by a river can put you at risk of mosquito-borne diseases like malaria, yellow fever, dengue fever, Japanese encephalitis and Zika. A lick, bite or scratch from an animal such as dogs, monkeys, bats and rodents can place you at risk of tetanus, rabies and other infections.

#### Precautions to take for animal bites

- ☐ Stay away from dogs, monkeys, bats and other animals.
- ☐ Vaccinations are available for some diseases to help prevent infection.
- ☐ Kids are at particular risk – they may be less cautious around unfamiliar animals, tend to get bitten on the head, and may not report bites or nips.

### Altitude sickness<sup>1</sup>

If you're skiing, trekking or for some other reason travelling to a high altitude, more than 2,500 metres above sea level, get medical advice from your doctor. Altitude sickness can affect you even if you're very fit. It can make you very ill and even endanger your life.

#### Precautions to take

- ☐ Ascend slowly – you may be advised to avoid flying directly to a destination with a high altitude. Instead fly in somewhere in the vicinity at a lower altitude so that you can ascend at a relaxed pace.
- ☐ Acclimatise – allow rest time when you arrive.
- ☐ Hydrate – drink plenty of water.
- ☐ Ask your doctor about medications that can help to prevent altitude illness.
- ☐ Descend immediately if symptoms get worse.

#### Precautions to take for insect bites

- ☐ Repellent – use one containing DEET or Picaridin.
- ☐ If you are using sunscreen and insect repellent, apply sunscreen first.
- ☐ Accommodation – stay somewhere with screened doors and windows or netted protection over beds.
- ☐ Clothing – wear light, loose fitting long-sleeved shirts, long pants, socks and closed shoes.
- ☐ Vaccinations and preventative medications can help prevent some infections – talk to your doctor about these.
- ☐ Check for ticks after being outdoors.

(under your arms, in and around ears, in your belly button, behind your knees, between your legs, around your waist, and especially in your hair); be sure to properly remove any ticks you find.

### Sexually transmitted diseases<sup>1</sup>

Having casual sex wherever you are in the world puts you at a high risk of sexually transmitted diseases (STDs). But some parts of the world (e.g. developing countries) can be riskier than others. STDs you may be at risk of include HIV AIDS, gonorrhoea, syphilis, hepatitis B, herpes simplex, the human papillomavirus (HPV), chlamydia and many others.

#### Precautions to take

- ☐ Practice safe sex (use condoms), or abstain if you can.
- ☐ Get vaccinated – some STDs including hepatitis B and HPV can be vaccinated against, but keep in mind that they don't provide protection against other STDs.

#### If you or someone you're travelling with is bitten by a dog, monkey, bat or rodent

- ☐ Get medical help as soon as possible, even if you don't feel sick or your wound does not look serious as rabies can be fatal.
- ☐ The person bitten may require urgent treatment, and may need to travel to another country to receive it.
- ☐ If you've been vaccinated against rabies you still need to seek medication attention after an animal bite – the wound should be cleaned to reduce risk of infection.