

## General issues

- Have you checked the country-specific entry requirements, such as visa, mandatory insurance requirements, COVID-testing, vaccines?
- Do you have adequate travel-health insurance?
- Do you have a copy of your passport and tickets?
- Do you have medical contact details and important phone numbers, such as family, family doctor, health insurance, travel insurance, credit card company?
- Have you packed appropriate clothing for the country of destination? Have you considered cultural, religious, climatic and geographic (e.g. altitude) aspects?
- If you travel with your own car - or plan on using a rented car - make sure that you have appropriate insurance, international driver's license and car equipment according to local regulations.

## Health Prevention

- Book an appointment to see a travel doctor at least 6-8 weeks before you leave.
- Get a COVID-19 certificate if requested by any of the countries where you are travelling.
- Are you aware of frequent diseases, health problems and recommended or mandatory vaccinations in your country of destination?
- Have you thought of insect bite prevention (e.g. bed nets, repellents)?
- Do you know about common poisonous animals in the country of destination?
- Do you have an adequate sun block, sun glasses, and head cover?
- Get a medical check-up with your general practitioner if you suffer from a chronic condition.
- If you suffer from a chronic condition, obtain local contact details in case of illness (e.g. hospitals).
- Think about safe sex and carry condoms with you, as they might be difficult to obtain or of bad quality in the country of destination.
- Get a dental check if you travel for a prolonged period.

## Medication and drugs

- Do you have enough of your personal medication (preferably in a waterproof container) with you?
- Do you have an emergency kit with essential drugs and first aid material?
- If necessary, get a medical certificate for drugs and needle material that you carry with you.