

1. Make a booking and visit Travel Vaccination Health Care ideally 6 weeks before you travel. Remember to bring your vaccination history & itinerary
2. Put together a Medical kit – Gastro Kits (anti Diarrhoea medications) are available from Travel Vaccination Health Care. Also consider taking antihistamines, analgesics and a First Aid Kit, complete with dressings etc
3. Purchase insect repellent containing DEET if recommended for your destination. Bushman Gel & Permethrin Treatment Spay can be purchased at your consultation
4. Trekking or remote travel? You may need a water purifier such as iodine drops or water purification tablets if bottled water is unavailable to purchase
5. Beware of the water-drink only bottled water, avoid ice in drinks, only eat fruit you can peel yourself and avoid salads
6. Stick to freshly cooked hot foods, avoid those that have been reheated and never eat uncooked seafood
7. Consult with your doctor if you have a pre-existing medical condition. Take enough regular medication for your trip ensuring it is in the original packaging and a letter from your doctor outlining your medical history
8. Take out comprehensive travel insurance, ensure it covers you for the places you are visiting and the things you plan to do
9. Make sure your passport has at least 6 months validity from your return date to Australia.
10. Check the latest travel advice for your destination and register your details at [smartraveller.gov.au](http://smartraveller.gov.au) so you can be contacted in case of an emergency.

*For more detailed information see our Travel Vaccination Health Care Book*

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