

According to your selection

You are at risk from the following diseases

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

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## TRAVEL MEDICINE CHECKLIST

- 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