



Preparing for an international destination? Your WholeLife Pharmacist has put together a Travel Health Checklist with all your travel essentials and ensure you come home in good health.

Traveller Details

Name:	Date of Birth:	Medicare Number:
Address:	Current Medical Conditions:	Current Medications:

Travel information

Date of Travel:	Destination of Travel:
Planned activities:	

Travel vaccines given today

Before travelling overseas make sure you are up to date with routine vaccines and specific vaccines pertaining to your destination of travel and planned activities. The following are some common travel vaccines that may be required.

Consult your Wholelife Pharmacist or your GP 6 weeks prior to your departure date.

Vaccine	Date given	Brand	Dose #	Given by
COVID-19				
Influenza				
Hepatitis A				
Hepatitis B				
Typhoid				
Diphtheria, Tetanus, Pertussis				
Japanese Encephalitis				
Polio				

For more information regarding other travel vaccination recommendations, go to the Australian Immunisation Handbook website and refer to "Vaccination for international travellers"

GP Referral Points

- | | |
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| <input type="checkbox"/> Malaria prophylaxis
<input type="checkbox"/> Traveller's Diarrhoea
<input type="checkbox"/> Antibiotics
<input type="checkbox"/> Anti-Nausea Medication
<input type="checkbox"/> Yellow Fever Vaccination | <input type="checkbox"/> Rabies Vaccination
<input type="checkbox"/> Other: |
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Before you start packing, take a moment to review this shopping list to make sure you have got all your travel essentials ready to go.

WELLNESS KIT

GASTRO HEALTH

- Anti-diarrhoea medicines (Loperamide)
- Laxatives
- Oral Rehydration Salts
- Probiotics (Saccharomyces Boulardii preferred)
- Anti-nausea medicines

PAIN RELIEF AND COLD AND FLU

- Immunity Vitamins
- Analgesics (adults and kids)
- Lozenges
- Cold and Flu Relief

WOUND CARE

- Bandages, Band Aids
- Antiseptic Creams

SUN PROTECTION/INSECT REPELLENT

- Insect Repellent
- Sunscreen
- Moisturiser
- Lip Balm

JET LAG/SLEEP

- OTC Sleep medications
- Melatonin
- Relaxation Teas or Supplements
- Ear plugs, eye mask, inflatable pillow

SEXUAL HEALTH

- Condoms

TRAVEL HYGIENE

- Hand Sanitizer or Wet Wipes
- Tissues
- Face mask

PERSONAL CARE ITEMS

- Dental Care: Toothbrush, Toothpaste, Dental Floss
- Hair Care: Shampoo, Conditioner, Hair Brush
- Skin Care: Face Wash, Moisturiser, Serum
- Body Wash or Soap
- Sanitary Care items

OTHER ESSENTIALS

- Travel Bottles/ Jars etc.
- Electronic device chargers
- Travel adapters
- Compression socks or stockings
- Luggage tags and locks
- Water bottle or carry cup

CHILD FRIENDLY TRAVEL ITEMS

- Bottles or Feeding equipment
- Medications: Analgesics for pain and fever, antihistamines, cough and cold.
- Steriliser bags
- Extra formula
- Nappies
- Warm socks and jumper
- Favourite toy or dummy
- Colouring in items or digital device
- A change of clothes
- Favourite Healthy Snacks

IMPORTANT DOCUMENTS

- Passport
- Travel Itinerary
- Visas (if required)
- Medication Record: Ask your Dr for an authorised record of the medications you are travelling with. Check if your medications can be taken into your travel destination and any rules around entry.
- Mandatory Proof of Vaccination: Some countries may require proof of vaccination against disease to allow entry.

Are we missing anything from this list?
Ask our friendly WholeLife team members to help find the all of your travel needs!