
International Travel Checklist

- Request an appointment for your travel consultation at least 6-8 weeks prior to departure.
- Submit a complete itinerary with your travel consultation request form. This needs to include **all countries in the order of visit and any flight layovers regardless of length of stop. Include your most up to date immunization record.**
- Discuss with the UNI Student Health Clinic staff any health concerns that may affect your trip.
- Review health and safety information contained in your post consultation email.
- Keep your “yellow international vaccination card” in a safe place, i.e. with your passport.
- Mark your calendar with dates of when to start anti-malaria and/or oral typhoid medications, if applicable.
- If you are on prescription medication(s) or over-the-counter medication(s) check the U.S. Department of State website (<http://travel.state.gov>) for information related to bringing that medication into the country of destination. Obtain any needed letters or prescription copies from your healthcare provider.
- Those with ongoing health issues should see their primary care provider or specialist before departure.
- Have prescription medications filled prior to departure to ensure you have enough for the duration of your stay.
- Contact your health insurance company before you leave to determine whether your health insurance will cover you internationally and/or sign up for travel health/medical evacuation insurance, depending on destination.
- Watch the video from the Centers for Disease Control and Prevention “Way to Go: Passport to Health” <https://www.youtube.com/watch?v=mQ28OnhHqro>
- Watch the video from the Center for Disease Control and Prevention “Way to Go: Many Healthy Returns” https://www.youtube.com/watch?v=FkUUN0IDe_o
- Upon returning from your travels for up to one year, if you have a fever or flu like illness, or have been injured during your trip, seek medical attention and tell your healthcare provider where you have been.