

## Your healthy travel checklist

- Consult a travel health specialist at least 6 weeks before you leave

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- Ensure your vaccinations are up to date and consider whether vaccinations are necessary for any of your destinations. If so, make sure you make an appointment to visit The Travel Doctor before your trip.  
[www.traveldoctor.com.au](http://www.traveldoctor.com.au)

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- Always carry your Travellers' Medical Kit available from The Travel Doctor. Ensure you travel with all your Medibank Travel Insurance policy documents.  
[www.traveldoctor.com.au](http://www.traveldoctor.com.au)

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- Don't go near or touch local animals

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- Boil it, peel it, cook it...or forget it

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- Respect local laws and customs

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- If anti-malarial pills are required, follow the prescribed treatment

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- Apply sunscreen regularly

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- Visit Smart Traveller when planning your holiday and before departing to check for any relevant health alerts or travel warnings. [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

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- If travelling with prescription medications, ensure you carry a letter from your doctor detailing your prescription medications for Customs. For more information phone Medicare Australia's Travelling with PBS Medicine enquiry line 1800 500 147 or visit Medicare Australia.  
[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

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- In the event of illness or injury whilst travelling, contact your overseas emergency medical assistance travel insurance provider for advice

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- Have a check-up on return if you've been sick