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**Southwest Asia (SWA)Travel Medical Checklist**

1. Meet with your home station public health or travel medicine clinic as soon as possible for travel medicine counseling, to review and receive any required immunizations, and to renew any medication prescriptions that you will need during travel.
2. COCOM Immunization Requirements:
   1. Hepatitis A
   2. Hepatitis B
   3. Influenza, Northern Hemisphere
   4. MMR
   5. Meningococcal
   6. Polio (primary series and 1 adult booster dose)
   7. Tdap or Td (booster required every 10 years)
   8. Varicella
   9. Typhoid Fever
   10. Pneumococcal (only required for at-risk individuals, i.e., smokers, chronic heart/lung/kidney disease, diabetes, autoimmune conditions – consult with your medical provider if you think you may need this)
   11. COVID-19 is recommended but not required

(Immunization requirements determined by COCOM and published at: [Vaccine Recommendations by AOR | Health.mil)](https://health.mil/MHSHome/Military%20Health%20Topics/Health%20Readiness/Immunization%20Healthcare/Vaccine%20Recommendations/Vaccine%20Recommendations%20by%20AOR)

# Medication Requirements:

* 1. Malaria – Malaria medications are NOT required for SWA. The risk of transmission is very low in the planned itinerary.
  2. Travelers’ Diarrhea & Dehydration - Medications (Loperamide, Azithromycin, etc.) should be provided by your home station medical team and brought with you. We also strongly recommend that you bring your own personally procured supply of powdered oral rehydration packets (Liquid I.V.®, DripDrop®, or equivalent) to prevent and/or treat dehydration.
  3. Chronic Medications - You must bring a 30-day supply of all prescription medications and any over-the-counter (OTC) medications you may need with you from your home station medical team.

# Other Recommendations:

* 1. Medical Clearance - Obtain medical clearance to travel from your primary care manager for any chronic medical conditions requiring specialty care.
  2. Sunscreen & Insect Repellent - Bring broad-spectrum sunscreen (SPF 30 or higher), insect repellent (30-50% DEET, 20% Picaridin, or IR3535), and appropriate clothing and headgear for outdoor events and weather extremes.
  3. Jet Lag - If you have difficulty crossing multiple time zones or experience jet lag, consider bringing sleep medication such as Melatonin or Ambien from your home station medical team. The Capstone medical escort will not have sleep-aide medications available.
  4. Motion Sickness - Travel between locations may include vehicles, buses, and aircraft. If you are susceptible to motion sickness, bring medication for symptom prevention/relief such as scopolamine or meclizine.

Current as of 26 August 2025