**CAPSTONE 25-3 Pacific Medical Travel 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. INDOPACOM Immunization Requirements:
   1. COVID-19 (recommended but not required)
   2. Hepatitis A
   3. Hepatitis B
   4. Japanese Encephalitis (recommended but not required)
   5. MMR
   6. Pneumococcal (required for individuals over the age of 50 and those at higher risk, i.e. smoker, chronic heart/lung/kidney disease, diabetes, autoimmune conditions – consult with your medical provider if you think you may need this)
   7. Polio (primary series and 1 adult booster dose)
   8. Tdap or Td (booster required every 10 years)
   9. Typhoid (should be renewed every 3-5 years)
   10. Varicella (or history of chickenpox as a child)

(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 – Risk of transmission is high for our planned itinerary. Malaria prophylaxis medications are required and should be obtained from your primary care provider or travel medicine clinic prior to arriving at CAPSTONE.
  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. Deep Vein Thrombosis (Blood Clots) – Our trip will include several very long flights. We strongly recommend you get up to walk around the plane every 2-3 hours and consider wearing compression stockings during the flight.
  5. 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 5 March 2025