

## **EUCOM Travel Checklist**

**A. Immunizations:** use the below DHA website for specific immunization requirements:

[Vaccine Recommendations by AOR | Health.mil](#)

- i. “DoD Required” immunizations are required for **all** Fellows, not just AD Military.
- ii. Meet with your local travel health office for travel medicine counseling, sleep medications as required, and immunization review/update.
  - Required Immunizations per EUCOM:
    - COVID-19
    - Hepatitis A
    - Hepatitis B
    - Influenza
    - MMR
    - Polio
    - Tdap or Td
    - Varicella
- iii. Obtain laboratory proof of immunization (“titers”) for MMR, and Chickenpox (Varicella) if you have not received the vaccinations. If the results are “negative” or “equivocal” re-immunize prior to travel.
- iv. Bring a copy of your immunization records and your COVID-19 Vaccination Card.
- v. **Optional:** Have your travel office create a yellow shot card (“International Certificate of Vaccination or Prophylaxis” – CDC 731) with a full listing of the required immunizations.

**B. Health Assessments:** For any chronic medical conditions (e.g., requiring daily medications or specialty care requirements), obtain medical clearance to travel from your primary care manager. Bring a minimum of 5-week supply of all prescription medications.

**C. Other Considerations:**

- i. Bring sunscreen (SPF 30+), insect repellent (30-50% DEET, 20% Picaridin, IR3535) as well as appropriate travel clothing for outdoor events.
- ii. Travel between locations may include vehicles, buses, and fixed/rotary wing aircraft. If you are susceptible to motion sickness, bring medication to assist with symptoms (scopolamine, dimenhydrinate (Dramamine), meclizine).