



## INDOPACOM Travel Medical Checklist

- A. As soon as possible meet with your home station medical team for travel medicine counseling, medication prescriptions, and immunization review/administration. Optimal immune response to vaccine may require several weeks.

Immunizations requirements are determined using the below DHA website:

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

i. **REQUIRED IMMUNIZATIONS:**

- COVID-19
- Hepatitis A
- Hepatitis B
- Influenza
- MMR
- Pneumococcal (required for certain health conditions and for age 65 or over)  
[Pneumococcal Vaccination: Who and When to Vaccinate | CDC](#)
- Polio
- Tdap or Td (booster required every 10 years; if last booster was Td, dose of Tdap recommended prior to travel)
- Typhoid (booster required every 2 years)
- Varicella

- ii. Bring your COVID-19 Vaccination Card

B. **Medication Requirements:**

- i. Medication for self-treatment of Travelers' Diarrhea is encouraged (from home station medical team).
- ii. Bring personal supply of oral rehydration solution (e.g., Liquid I.V.<sup>®</sup> or DripDrop<sup>®</sup>) to self-treat Travelers' Diarrhea.
- iii. For any chronic medical conditions requiring specialty care, obtain medical clearance to travel from your primary care manager. Bring a 30-day supply of all prescription medications.

C. **Other Considerations:**

- i. Bring broad-spectrum sunscreen (SPF 30 or higher), insect repellent (30-50% DEET, 20% Picaridin, IR3535) as well as appropriate clothing and headgear for outdoor events and weather extremes.
- ii. 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.