



INDOPACOM Travel Medical Checklist

Meet with your home station medical team as soon as possible for travel medicine counseling, medication prescriptions, and immunization review/administration.

A. Immunization Requirements:

- Hepatitis A
- Hepatitis B
- Influenza
- MMR
- Meningococcal
- Polio (primary series and 1 adult booster dose)
- Tdap or Td (booster required every 10 years)
- Typhoid (booster required every 2 years)
- Varicella
- *** Pneumococcal (only required for at risk individuals, i.e. smoker, chronic heart/lung/kidney disease, diabetes, autoimmune conditions – consult with your medical provider if you think you may need this)
- ***COVID-19 and Japanese encephalitis vaccines are recommended but not required

(Immunization requirements are determined by AOR and published at: [Vaccine Recommendations by AOR | Health.mil](https://www.health.mil/Health/Travel/Vaccine-Recommendations-by-AOR))

B. Medication Requirements:

- i. Malaria prevention medications must be provided by your home station medical team and brought with you.
- ii. Travelers' Diarrhea treatment medications (Azithromycin, etc.) must 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 Travelers' Diarrhea.
- iii. 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.

C. Other Considerations:

- i. Obtain medical clearance to travel from your primary care manager for any chronic medical conditions requiring specialty care.
- ii. 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.
- iii. 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.
- iv. If you have difficulty with crossing multiple time zones or jet lag, consider bringing sleep medication from your home station medical team. The medical team will not have sleep-aide medications available.

Current as of 23 August 2024