**Southwest Asia (SWA)**

**Travel Medical Checklist (updated 10 Dec 2024)**

1. 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.
2. Immunization requirements are determined by DHA:

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

# REQUIRED IMMUNIZATIONS:

# Hepatitis A

# Hepatitis B

# Influenza

# MMR

# Pneumococcal (required for 65yrs or older and <65yrs with high risk health conditions)

# Polio

# Tdap or Td

# Typhoid

# Varicella (Chickenpox)

# Yellow Fever

1. Bring your COVID-19 Vaccination Card. Most current COVID-19 vaccination IAW CDC guidelines is **HIGHLY** recommended.
2. Medication Requirements:
3. MANDATORY: Travelers’ Diarrhea treatment medications (from home station medical team)
4. Bring sleep medication if needed (from home station medical team).
5. Bring personal supply of powdered oral rehydration packets (e.g. commercially purchased Liquid I.V.® or DripDrop®) to self-treat Travelers’ Diarrhea.
6. 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.

# Other Considerations:

1. Bring broad-spectrum sunscreen (SPF 30 or higher), insect repellent (30-50% DEET, 20% Picaridin, or IR3535) and appropriate clothing for outdoor events and weather extremes.
2. 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.

Updated 10 December 2024 LTC Leilani C. Wright, Command Nurse