

SWA 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 CENTCOM:
 - Typhoid (this is required every two years so the most likely immunization that you are expired on)
 - COVID-19
 - Hepatitis A
 - Hepatitis B
 - MMR
 - Tdap or Td
 - Varicella
 - Anthrax is NOT required as we will not be in theater for more than 15 days.
- iii. If you are expired on Typhoid or any other immunization, please ensure you get vaccinated before arrival to Capstone. If not immunized before arrival, NDU and the local Fort McNair clinic do not carry routine immunizations so you will need to go to another local base to get immunized which can be challenging to arrange around your Capstone schedule.
- iv. 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.
- v. **OPTIONAL: Please 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 to include COVID-19.**
- vi. Bring your COVID-19 Vaccination Card with you.

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).