



WHEM 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.

Immunization requirements are determined using the below DHA website:

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

i. **REQUIRED IMMUNIZATIONS:**

- 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)
- Typhoid (booster required every 2 years)
- Varicella
- **Yellow Fever (must be documented on a CDC 731 "Yellow Card")**
 - NDU can provide a CDC 731 card from your documentation

- ii. Bring your COVID-19 Vaccination Card. Most current COVID-19 vaccination IAW CDC guidelines is HIGHLY recommended.

B. Medication Requirements:

- i. **MANDATORY:** Travelers' Diarrhea treatment medications (from home station medical team)
- ii. Bring sleep medication if needed (from home station medical team)
- iii. Bring personal supply of oral rehydration solution (e.g., Liquid I.V.[®] or DripDrop[®]) to self-treat Travelers' Diarrhea.
- iv. 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.