

# TIPS FOR SAFE & SECURE TRAVEL

While traveling, some things may be out of a traveler's control, but there are others that they can and should prepare for. The following are handy tips for travelers from Global Guardian's medical team:

- 1** Prior to travel, check vaccination requirements at your destination and ensure all your vaccinations are up to date. Secure your immunization record in your passport and keep copies in your luggage.
- 2** Consider your itinerary and customize a first-aid kit with essentials like Tylenol/Motrin, Band-Aids, hand sanitizer, baby wipes, rehydration tablets, Dramamine, and Imodium.
- 3** Always pack more than enough prescription medicines and keep them in the original container provided by your pharmacy.
- 4** Split medications into multiple pieces of luggage—including your carry-on—in case one piece of luggage is lost.
- 5** Bring a translated copy of critical medical information, including allergies, current medications, etc., if traveling to a country where you do not speak the language.
- 6** Carry local currency for hospital visits that might require point of service payments prior to receiving care.
- 7** Review your health insurance policies and consider additional coverage, including for medical evacuation, in case of an emergency.