**Before You Go -- A Travel Health Checklist**

* **Health Service:**
	+ - To schedule an appointment for your travel consult please book on line through your banner page. Please plan ahead, as it can sometimes take a couple of weeks to get an appointment and *any recommended travel vaccines should be administered at least one month prior to departure.* If you have questions regarding the costs of vaccines please call the insurance office at 603-646-9438.
		- Have your travel plans finalized. You should know the specific locations in each country you will be going to and the exact dates you will be in each location, including any side trips you may be taking. This is necessary for the provider to know what immunizations and prescriptions you need. You should also know if you have any layovers in other countries.
		- Please review our record of your immunizations via your banner page and bring documentation of any additional immunizations you may have received, especially if you have had immunizations for other trips. If you have a yellow book, please bring it with you to your appointment.
		- Schedule appointments for immunizations and tuberculosis testing, as needed. Depending on the schedule of the medical assistants, you may need to return for immunizations at a different time.
		- Be sure to pick up copies of our travel brochures (located on the wall in the clinic hallway).
		- Please allow one hour for your travel consult.
		- Additional travel recommendations may be found at cdc.gov.
* **Pharmacy:**
* Fill your prescriptions for any travel-related medications. Please drop off your prescriptions and plan to pick them up either later in the day or the next day.
	+ - Make sure you have an adequate supply of any prescription medications you may need while you are away. If you need an extended supply of any of your medications discuss this with the pharmacy as soon as possible.
		- Stock up on any over the counter products you might need while you are away such as loperamide (Imodium), bismuth subsalicylate (Pepto-Bismol), acetaminophen, ibuprofen, insect spray with 30% DEET, sunscreen, emergency contraception (MyWay, PlanB), and a small first aid kit.
		- All medications you take with you should be in their original packaging and labeled. Prescriptions should always be packed in carry-on luggage.
		- The cost of any prescriptions will depend on your own insurance coverage. Please contact your insurance company if you have any questions.
		- If needed, you may reach the Dick’s House pharmacy at (603) 646-9456.
* **Insurance Office:**
	+ - Get information on health coverage while traveling. If you don't have the Dartmouth Student Group Health Plan (DSGHP), contact your insurance company to check on your coverage.
		- All Dartmouth students are enrolled in ISOS, an international health care/medical assistance service. Familiarize yourself with these benefits and download and print a copy of your ISOS (international health care/medical assistance service) card at <http://www.dartmouth.edu/~rmi/rmstravel/> Please note that ISOS is not travel or medical insurance, but a supplementary assistance program.
		- Our Insurance Information office can answer many travel insurance-related questions. You may reach the office at (603) 646-9438.



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