



# CHECKLIST:

## HOW TO PREPARE FOR SAFE AND HEALTHY FAMILY TRAVEL ABROAD

Brought to you by [WorldTrips.com](https://www.worldtrips.com)

BEFORE YOU TAKE YOUR FAMILY ABROAD, ENSURE YOU ARE PREPARED TO FACE AN EMERGENCY BY CHECKING THE FOLLOWING ITEMS OFF YOUR TO-DO LIST:

### **CHECK TRAVEL ADVISORIES FOR YOUR DESTINATION.**

Visit

[travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/](https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html) and find your destination country's "Travel Advisory" page. Note the travel advisory level, the reason(s) for the advisory, and the issue date.

### **JOIN THE SMART TRAVELER ENROLLMENT PROGRAM (STEP).**

Visit [step.state.gov](https://step.state.gov) and hit "Create Account" to enroll your trip.

### **CHECK REQUIRED AND RECOMMENDED VACCINATIONS.**

Visit [wwwnc.cdc.gov/travel/destinations/list/](https://wwwnc.cdc.gov/travel/destinations/list/) and select your destination country from the drop-down menu. Then check the "Traveling with Children" box and any other boxes that apply to your trip. Hit "Go" to see a list of required and suggested vaccines.

## **SCHEDULE AN APPOINTMENT WITH YOUR DOCTOR AND PEDIATRICIAN ABOUT 4-6 WEEKS BEFORE YOUR DEPARTURE.**

## **PREPARE PRESCRIPTION MEDICATIONS.**

Only pack the amount of medication needed for the number of days you will be away – plus a few extra – in the original container. Make copies of your prescriptions and bring them with you.

## **PREPARE WRITTEN COPIES OF YOUR CHILD'S MEDICAL HISTORY. INCLUDE:**

- Your child's name
- Your contact info (name, address, and cell phone number)
- Your pediatrician's contact info (name, address, office phone number, and emergency phone number)
- Emergency contact info (name, address, and phone number of friend or family member in your home country)
- Your child's blood type
- Your child's previous immunizations
- A list of current health problems your child is facing
- A list of medicines your child takes, the dosage, and your pharmacy's name and phone number
- A list of allergies your child has to medications, food, insects, or animals
- A prescription for your child's glasses or contact lenses



## GET FAMILY TRAVEL MEDICAL INSURANCE.

**Not sure what it is or why you need it?**

Visit [worldtrips.com/insurance-101](https://worldtrips.com/insurance-101)

**Not sure how to select a plan?**

Visit [worldtrips.com/family-travel/how-choose-best-family-travel-health-insurance](https://worldtrips.com/family-travel/how-choose-best-family-travel-health-insurance)



## LOOK UP THE NEAREST HOSPITALS AND THEIR CONTACT INFO.

Visit [travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html) and search for your destination country in the sidebar. Then scroll down and click the “Health” tab on the resulting page.



**NOTE:** Your travel medical insurance may also provide you with access to an international provider search engine which allows you to locate doctors and hospitals in your destination country.

**Some plans** can also refer you to adequate treatment facilities and help with prescription drug replacement via phone.

## RESEARCH LOCAL LAWS AND CUSTOMS.

Visit [travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html) and search for your destination country in the sidebar. Then scroll down and click the “Local Laws & Special Circumstances” tab on the resulting page.

## PACK A FIRST AID KIT.

Visit [cdn2.hubspot.net/hubfs/282613/Checklist%20Downloads/first-aid-checklist.pdf](https://cdn2.hubspot.net/hubfs/282613/Checklist%20Downloads/first-aid-checklist.pdf) to download a free, printable checklist of first aid items to include.

Brought to you by



Visit [worldtrips.com/insurance-101](https://worldtrips.com/insurance-101) to learn more about travel medical insurance.

[Take Me to Travel Medical Insurance 101](https://worldtrips.com/insurance-101)