

TRAVEL PLANNING TIPS



When you are about to embark on a holiday or overseas journey, it is best to plan ahead. With some considered preparation, you can stay healthy and well to make the most of your time abroad. Here are some useful tips for getting prepared to have a safe and healthy trip.

TIP 1: LEARN ABOUT YOUR DESTINATION

- ✓ Subscribe to Smartraveller to receive alerts and updates on the destinations you are travelling to.
- ✓ Familiarise yourself with the COVID-19 entry and exit requirements.
- ✓ Research local laws of the countries you plan to visit.
- ✓ Be aware of and respect the cultural standards and customs.

TIP 2: ORGANISE YOUR DOCUMENTS & INSURANCE

- ✓ Ensure your passport is valid for at least 6 months from when you think your trip will end.
- ✓ Check if there are any visa requirements for countries you're visiting. Visa conditions change regularly, so check before every trip.
- ✓ Get comprehensive travel insurance that is right for you and covers your activities in the places you'll visit.
 - Refer to CHOICE travel insurance buying guide when considering insurance options.
 - Some countries will not allow entry if you do not have comprehensive insurance (i.e. Singapore, the UAE, Thailand and all European Schengen Area countries).
- ✓ Check if extra documents are needed if you're travelling with children.
- ✓ If driving overseas, check if you will need an international Driving Permit.
- ✓ Make copies of your passport and visa.
- ✓ Organise currency and how you will be paying at your destination(s).
 - Check with your bank about transaction and currency conversion fees while overseas.

TIP 3: PLAN FOR YOUR HEALTH

- ✓ Obtain travel advice at least 6 weeks before your intended date of travel.
- ✓ Get all the vaccinations you need for all the places you will visit.
- ✓ Check that your medication (prescribed and over the counter) is legal in the places you are visiting.
 - If it is legal, obtain a letter from your Doctor and take it with you when you go through customs.
 - Leave the medicine in the original packaging or have them packed into sealed, clearly labelled packs by the pharmacy.
 - If it's not legal, obtain further advice from the consulate.
- ✓ Consider how your medical conditions may be affected by travelling.
- ✓ Prepare a first aid kit of essentials. Not all countries have usual supplies at the ready. Your Pharmacist can help you with advice on the contents of your first aid kit.

TIP 4: TELL PEOPLE ABOUT YOUR TRAVEL PLANS

- ✓ Share your itinerary with family members or friends.
- ✓ Give a trusted contact copies of your passport, visa, key documents and insurance policy.
- ✓ Tell your bank you are travelling and check if your cards will work.
 - Have several methods of payment options available to you.

TIP 5: HAVE A PLAN IF THINGS GO WRONG

- ✓ Know what to do, where to go and who to contact if there is a crisis when you are overseas.
- ✓ Always carry personal ID. This may include:
 - Your original driver's license
 - A copy of your passport, either in hard copy or as a photo on your phone
 - Your passport is a valuable document. Always keep it in a safe place and if lost or stolen, tell the Australian Government as soon as possible.
- ✓ Crimes such as theft, pickpocketing and bag snatching are common in all large cities. Take care to protect your belongings on public transport, in crowded tourist areas, hotels and at landmarks.
 - Be aware of your surroundings.
 - Thieves frequently operate in organised groups, employing distraction techniques to steal personal belongings.

TIP 6: MAKE SMART CHOICES WHILE AWAY

- ✓ Obey local laws
 - Some countries have laws that seem harsh by Australian standards. Penalties include imprisonment or the death penalty.
- ✓ Avoid alcohol intoxication and illegal drugs which can make you more vulnerable and impair your decision-making.
- ✓ Never leave your drink unattended or in the care of a stranger or new friend. Drink-spiking is common around the world.
- ✓ Most insurance policies won't provide cover for injuries or losses sustained under the influence.

FOR MORE INFORMATION VISIT

smartraveller.gov.au

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ARE YOU *travel* READY?

Set up your travel first aid kit using our handy checklist below or ask your 777 Pharmacist for travel support and advice.

WOUND CARE

- Bandages, strapping tape
- Antiseptic spray/cream
- Blister care products

GUT HEALTH CARE

- Anti-diarrhoeal medications
- Anti-spasm medications
- Laxative
- Indigestion medications
- Oral rehydration salts or solution
- Urinary alkaliniser
- Anti-emetic for vomiting or nausea
- Motion sickness tablets
- Water purification tablets
- Probiotics

EYE HEALTH CARE

- Lubricating eye drops
- Contact lens solution
- Saline eye wash

ALLERGY HEALTH CARE

- Oral Antihistamines
- Saline nasal spray
- Corticosteroid nasal spray
- Antihistamines nasal spray
- Allergy eye drops

SLEEP AID

- Prescription or over-the-counter medications
- Eye Mask

SUN PROTECTION OR INSECT REPELLANT

- DEET insect repellent (20%-30%)
- Sunscreen (>SPF 30)
- SPF lip balm
- Category 3 or 4 sunglasses

PAIN & FEVER RELIEF

- Analgesic (for adults and kids)
- Anti-inflammatories (for adults and kids)
- Thermometer

GENERAL HEALTH

- Surgical face masks
- COVID-19 Rapid antigen tests
- Alcohol hand sanitiser

SKIN HEALTH CARE

- Cortisone cream
- Anti-fungal cream
- Cold sore prevention and/or treatment
- Moisturising lotions

MISCELLANEOUS ITEMS

- Ear plugs
- Inflatable travel pillow
- Compression socks or stockings
- Birth control, Condoms
- Mosquito netting
- Disinfectant wipes
- Feminine hygiene
- Travel bottles (maximum size 100mL)