

Your personal travel itinerary recommendations:

- accidents p1
- avoiding diarrhoea p2
- sun and first aid p3
- bites p4
- malaria and mosquitoes p5
- preventing acute mountain sickness p6-7
- jet lag p8
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We recommend that you take a copy of your medical summary with you. This acts as proof of medicine requirements and will help any medical personnel that you need to see during your trip. Please ensure that you take enough medication for your trip.

Take your medicines in your hand luggage so that accessible on the flight and in case of lost baggage – check that this is allowable with your airline.