



Checklist: RESEARCH YOUR DESTINATION

Medical

- Standard of medical care at your destination and getting help
- Know who to contact at your destination should you have a medical emergency or need advice
- Research transportation issues such as access and reliability of ambulances
- Research where to purchase medications and treatments. Learn local vocabulary and phrases for basic medications
- Research Disease risks (malaria/yellow fever/others)
- Are there any activities you should avoid?
- Talk to your doctor about:
 - Vaccinations
 - Preventative medication
 - Preventing insect bites
 - Personal hygiene (e.g. hand washing, using safe water, selecting safe food)
 - Treatments for traveler's diarrhea, fever, cough and rash

Security

- Security risks:** research your destination's local security risks such as types of crime, crime rates, and areas to avoid. When at your destination, read and watch local news. Research local events and be aware of any significant cultural and political dates, and avoid large gatherings.
 - Customs and laws:** Research local customs, etiquette and laws. The do's and don'ts can be different from one part of the country to another.
 - Phrases:** Research and practice your local language: learn basic vocabulary and common phrases.
 - Local currency:** Learn the local currency before you go or in private to avoid fumbling with money in public
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