



## Pre-travel checklist

### General

- Research your destination country's:
  - Laws and regulations on importing prescription medication.
  - Required documentation and vaccinations.
  - Access to HIV treatment and healthcare.
  - Local attitudes towards HIV.
- Register in a travel support programme provided by your government if one exists.
- Contact an HIV organisation in your destination country for guidance on access to treatment and healthcare (if staying long-term).

### Medicines

- Discuss your travel plans and any health concerns with your doctor.
  - Ask about additional prevention measures, such as medication or vaccination.
  - Obtain a doctor's letter to justify any regular and additional medication.
  - Consider translating this into the language understood in your destination country.
- Carry your medication in its original packaging along with a prescription either written in English or a language understood in your destination country.
- Ensure you have enough medication for the duration of your trip, with extra to account for potential delays.
- Take measures to ensure you take your medication on time.

### Treatment and healthcare access

- Research the availability of your prescription medicines and treatments in your destination.
- Consider travel insurance that covers HIV-related medical expenses.
- Understand how the healthcare system works in your destination.
- Approach governmental and/or non-governmental organisations as appropriate for guidance navigating the healthcare system.

### Your safety

- Enjoy your time abroad while protecting yourself. Make sure you know who to call in case of need.

### Disclaimer

The information on this website is not legal or medical advice and should not be relied upon as such. If you need legal advice, please contact a lawyer or legal aid clinic familiar with the law applicable in your jurisdiction. If you need medical advice, please contact your healthcare provider. While we try to ensure that all of the information we provide is correct and up-to-date, we cannot guarantee accuracy. Please also note that some of this information is general and global. You may have to adapt it to your circumstances.

Some rights reserved: This information may be freely shared, copied, translated, reviewed and distributed, in part or in whole, but may not be offered for sale or used in conjunction with commercial purposes, except for third party content, for which we received permission by the respective copyright owners to use it in the context of the Positive Destinations, but for which the respective copyright owners hold their own individual copyrights.