



BEFORE LEAVING FOR SCHOOLIES YOU SHOULD TAKE THE FOLLOWING HEALTH PRECAUTIONS:

- Check that your basic immunisations such as Tetanus and Diphtheria are up-to-date
- Discuss with a Travel Doctor whether Hepatitis A and Typhoid immunisations are necessary
- Get a “Schoolies” Medical Kit available from our clinics containing everything you might need
- Avoid mosquitoes, flies and other biting insects - Dengue Fever occurs in SE Asia
- Don't go near or touch local animals
- Eat & drink safely - boil it, peel it, cook it...or forget it!
- Stay hydrated. 1 beer + 1 water
- Don't use, carry or get involved with drugs overseas
- Practice safe sex
- Cover up and apply sunscreen regularly

THE SCHOOLIES TRAVEL PACK CHECKLIST:

- Consult the Travel Doctor – TMVC before you leave for tailored medical advice and to book your travel vaccinations for South East Asia.
- Pack a ‘conservative’ outfit too – in some areas in South East Asia you’ll need to cover up from your shoulders down to your knees.
- Check your ATM and credit cards to ensure you can easily access money and advise your bank that you will be travelling overseas
- Make a copy of your passport, travel insurance policy, emergency contact numbers and travel itinerary. Leave another set with family or friends
- Get your camera, battery charger and make sure you have enough space on your memory card/s
- Practice safe sex to avoid STIs. Pack condoms if you are planning on having sex, or even if you’re just thinking about it.
- Visit smarttraveller.gov.au and register your travel itinerary
- Remember if you are sick on your return home, book in to see a Travel Doctor - TMVC for a checkup

