



Dartmouth College Health Service
7 Rope Ferry Road, Hanover, NH. 03755
603.646.9400 Fax: 603.646.9410

Travel Health Essentials for Dartmouth Travelers

Whether you are traveling **within the U.S. or internationally**, remember these tips to maximize health:

1. Be prepared to manage preexisting medical conditions and treat any exacerbations. Be sure that you have *enough medications for the duration of your trip or program as well as an extra supply*, in case the trip extends for any reason. For domestic travelers, be sure you have a plan in place for refills if needed.
2. Always carry medications in the original containers with clear labels identifying contents. Always *carry-on medications* as checked luggage may be lost or delayed.
3. If you have ever required an *Epi-Pen or inhaler*, be sure to have those medications available when traveling. This step could help you avoid costly emergency care.
4. If you wear corrective lenses, *bring an extra pair of glasses*. Contact lens wearers need to bring extra lenses but should also have glasses available in case of eye infection or other concerns.
5. *Have your health insurance information*, as well as contact information for family and home health care providers.
6. Have a *basic travel health kit*. This can save time and inconvenience wherever you travel. At a minimum, your kit should include acetaminophen, ibuprofen, diphenhydramine and an antacid. See <https://wwwnc.cdc.gov/travel/yellowbook/2020/health-care-abroad/travel-health-kits> for more details.
7. Have your *iSOS information* available. Domestic travelers may use iSOS as a resource when they are >100 miles from the Dartmouth campus. iSOS can provide basic medical advice or help you find a well-qualified local provider if needed. The service also facilitates access to mental health specialists. *iSOS services are free* for Dartmouth students. For more info, visit <https://global.dartmouth.edu/travel-registry-waivers-resources/emergency-support>
8. Even if your travel is domestic, enrolled students may consider a *free* travel visit at Dartmouth College Health Service (Dick's House) if you have medical concerns which might require management or medications while you are away.

If your program or itinerary involves **international** travel, consider these additional steps:

1. Schedule an appointment for a travel consult if you are traveling anywhere except Western Europe, Australia or New Zealand. Other destinations usually have recommendations or requirements for immunizations and preventive medications which your health provider will review. Travel consults at Dick's House are *free* for all enrolled students.
2. All travel consults are *booked online via Banner*. We recommend *scheduling at least one month prior to departure* to ensure adequate time for vaccine efficacy.
3. U.S. citizens are encouraged to enroll in the Smart Traveler Enrollment Program (STEP), a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate. This program helps the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. To enroll, visit <https://step.state.gov/step/>. If you are not a U.S. citizen, please contact your Embassy to register your trip.
4. The costs of travel vaccines are covered by many medical insurances. Dartmouth Student Group Health Plan (DSGHP) provides excellent coverage. If you have any questions about costs of vaccines, or other insurance questions prior to travel, call the insurance office at 603-646-9438.

5. For more information on travel health, including the Dartmouth College Travel Clinic or information about common travel diseases and resources, visit <https://students.dartmouth.edu/health-service/primary-care/travel-health>

Contact us at 603-636-9400 for additional questions. Safe Travels!