

## Checklist for car, bus or train travel

### Before planning your trip...

- Talk to your doctor about your travel plans and any concerns you may have regarding
  - Climate
  - Air quality
  - Terrain
  - Altitudes
  - Mode of transportation

### Before booking your journey...

- Check with your insurance provider about your coverage while travelling – additional traveller's insurance may be beneficial or necessary

### Before enjoying your get-away...

- Make sure you have an adequate supply of all prescription medicines as well as new prescriptions for refills. Please note, that not all medication is available in all countries around the world. Check this before you travel