



TRAVELLERS CHECKLIST

Are you prepared for your next business trip?

BEFORE TRAVEL

1. Are you aware of all entry requirements at your destination? (i.e. local restrictions, COVID-19 testing and quarantine/isolation)
2. Do you know the medical and security risks of the country you are travelling to?
3. What is the COVID-19 exposure at your destination?
4. Are your travel vaccinations and medications up to date for the country you will be travelling to?
5. Could you be an at-risk profile by the nature of your person or by your behavioral habits?
6. Do you know what to do and who to call in case of a medical and/or security emergency?
7. Are your clothes adapted for this trip?
8. Are your IT tools travel ready? (i.e. software updates, carrying no sensitive information, change password)

WHILST TRAVELLING

1. How are you going to travel locally. Are public transport and shared economy services safe?
2. Did you check the local news lately? Is there some particular at-risk political or social situation happening?
3. Do you pack spare clothes in your hand luggage (i.e. underwear, sweater)?
4. Do you know what to do if you find yourself in an at-risk situation (robbery, terrorist attack, natural hazard)?
5. Do you know what to do if there is a situation with no communication capabilities?

AFTER TRAVEL

1. Did you witness or were you the victim of a disturbing and/or shocking situation? Did you speak about it with human resources?
2. Have you been provided with mental health support?
3. Were you in a situation that could have affected your IT tools (i.e. laptop virus, use of unknown or gifted USB key, unsafe surfing)? Did you contact your IT team?
4. Did you face a situation where you could not reach out to your management? Did you speak with them about it?

QUESTIONS?

Contact us here: apacinfo@internationalsos.com

PATH TO SAFE TRAVEL

Learn more how International SOS can prepare, support and assist you:
www.internationalsos.com

TRAVEL RISK MAP

For further information around destination specific medical, travel and COVID-19 risks visit
www.travelriskmap.com/