

Vacation CHECKLIST

Focus On: Researching Your Next Vacation Spot

Top Trends say visit these top 10 spots
Family Vacation Spots
Special Interest Adventures
Best American Vacation Spots
Best European Vacation Spots

Kodak Moments

The travel bug has struck. You have your family and plans are made. You pack your bags - don't forget the camera! After calling the airport to see if the plane is on time, you set out. On the plane, two hours into the trip, you sneeze. When traveling, a red nose does not a good picture make. Colds and flu go with the winter season, but what if you're traveling in a far, far away country? Researching your vacation spot thoroughly gives you peace of mind. Remember **TravelMed** - a division of Texas Tech Physicians Family Medicine, can provide you with the latest information from two unique travel medicine list-serve sources and the US Public Health Services Centers for Disease Control and Prevention (CDC) about health risks and concerns. Before you go abroad, make an appointment with:

**TravelMed at
(806) 743-2757.**



**Texas Tech
Physicians**
of LUBBOCK

Family Medicine
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Lubbock, Texas 79430
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Tips for your travels from Texas Tech Physicians.

Traveling abroad or just from one state to the next? Taking a plane, car, or boat? Before you go, check your with your doctor. There might be a few things you forgot that might effect your travel plans. Below are a few tips that might help in a pinch. Things like what to do when going to a place that is not familiar or a place that is opposite from the climate you deal with on an every day basis. Answers to things like, what if I get delayed and need extra medication? Check it out!

Delayed?!

Load up on postcards and take a blanket says the authorities from TSA. Getting some sleep can help your stress levels at travel time. Did you know musical instruments are permitted as carry-on or as checked baggage? Remember cootie catchers? That is good for time with kids. What if you can't get comfortable and you are on a budget? Journaling is something that takes up time. It doesn't need to be fancy or publishable. It's incredible how many details of your trip you forget once you get home so its nice to have some time to write a bit down.