

Travel consultation worksheet

Complete on paper and bring to your consultation. This blank worksheet prepares information; it does not recommend vaccines or confirm entry eligibility. Keep your medical records separate.

1. Destinations and activities

Country / region / city	Arrival / departure	Purpose / accommodation	Activities / urban or rural plans

2. Transit and recent travel

List each transfer and its expected duration. Note recent travel you need to ask about when checking official requirements.

Transit location / airport	Arrival / departure	Expected hours / airport stay

Recent travel to discuss with the official authority:

3. Prepare for the clinician

- ☐ Vaccination records: available / unsure / need to locate
- ☐ Itinerary and booking dates ready
- ☐ Bring medicine, allergy and health records privately; do not write clinical details here

Questions for my clinician:

Preparation timeline

1. When the trip is planned

List the whole itinerary, including transit, accommodation and activities.

2. Arrange consultation early

THS recommends booking at least eight weeks before travel. This is booking advice, not a universal dose schedule.

3. Confirm arrangements

An online request needs confirmation. Ask the clinician about vaccine schedules and any documents required for your journey.

4. Before departure

Recheck official requirements if the itinerary changes. Do not assume a certificate settles every entry condition.

5. If travel is urgent

Contact a travel health service promptly with destination, departure date and itinerary; what is feasible needs assessment.

6. After return

If unwell, consult a doctor and provide your travel history, including transit countries.

Official requirements check record

Complete separately for each destination, relevant transit or recent-travel condition. This record is your source note, not an admission certificate.

Destination / journey purpose / dates:

Official authority and exact URL:

Document edition / source update date:

Date checked / applicable conditions:

Unresolved questions / authority or clinician follow-up:

Source basis: THS Before the Trip, Centre Information and After the Trip. Checked 13 October 2026.

https://www.travelhealth.gov.hk/english/travel_health_advice/befor_trip.html

<https://www.travelhealth.gov.hk/english/contactus/contactus.html>

https://www.travelhealth.gov.hk/english/travel_health_advice/after_trip.html