

## HERE IS SOME USEFUL INFORMATION REGARDING YOUR HEALTH WHEN TRAVELLING OVERSEAS.

The following information is given by Dive Adventures in conjunction with the Travellers Medical & Vaccination Centre.

Regardless of where you are travelling to, it is best to seek professional advice on health issues prior to departure. Conditions change and disease outbreaks can occur overnight, which is why specialist up-to-date recommendations should be sought. Enclosed in this leaflet is a brief guide to help you prepare for your trip. Dive Adventures recommends that you check with your doctor or contact the Travellers Medical & Vaccination Centre for more detailed information before you depart.

### IF YOU BECOME SICK WHEN TRAVELLING

If you are worried about your health when travelling, it is wise to seek medical advice immediately. Most hotel & resort staff will be able to call a local doctor, or advise you of the nearest pharmacy or hospital.

### VACCINATIONS

The combined Diphtheria/Tetanus (ADT) vaccine should be boosted every 10 years, regardless of your destination. The following vaccines should be discussed with your doctor; Polio, Typhoid, Hepatitis A and/or B, Meningitis, Cholera and Rabies. Recommendations will depend on your destination. There is no simple list of required vaccines. A doctor must go through your proposed trip in detail before deciding which vaccines and precautions are relevant to you and your family.

### ANTI-MALARIA MEDICATION

Malaria is transmitted by a certain type of mosquito. It is a potentially fatal disease present in various regions of the Pacific and Asia. There are many different strains of Malaria dependent on your destination. It is ESSENTIAL that you seek expert advice on prevention and which anti-malaria drug is most suitable for your destination. Also, specifically check with your physician for any drug's **compatibility with diving and possible side effects.**

For further details contact Travel Vax on 1300 360 164.

### MOSQUITO BITES

Malaria or not, mosquito bites are annoying. There are some simple steps to take to avoid mosquito bites - these can include a combination of the following; wear insect repellent, cover up - particularly at night, refrain from wearing perfume or aftershave, always try and wear light coloured clothing. If bitten try not to scratch the skin. It might be handy for you to take some antiseptic cream or anti-itch lotion to sooth the bite. This will also help you in avoiding any minor skin infections.

### FOOD

If you have any food allergies please advise Dive Adventures before travel as these need to be requested before departure. Please be aware that while travelling some requests can not always be catered for. Also keep in mind that while travelling, food may not be up to the same standard you may find at home.

### DIARRHOEA

If you have a case of diarrhoea while you are away, it is important for you not to become dehydrated. The best tip is to stop eating for 24 hours, but continue to sip water frequently. It is a good idea to carry some re-hydrating medication with you at all times. If you feel like eating try a dry biscuits or toast, no dairy products, sugary foods or drinks. If the symptoms persist please seek medical advice.

### TRAVEL INSURANCE

Dive Adventures strongly recommends travel insurance. Contact your travel agent or Dive Adventures for details. Most dive resorts and liveboards require all travellers to have **compulsory** travel and dive insurance before you arrive at your destination that includes medical evacuation cover. Contact your travel insurance provider if you need to seek medical assistance whilst overseas.

### DIVING PRECAUTIONS

Whilst on your diving holiday, you need to be aware of conditions that may pre-dispose you to decompression sickness and other diving-related illnesses. These include your general state of health, tiredness, alcohol consumption and multiple dives on consecutive days. While the use of dive computers is recommended to enable you to take advantage of all diving opportunities, conservative use of these is recommended. Flying soon after diving is dangerous and Dive Adventures recommends a minimum break of 24 hours between your last dive and flying. On a long diving holiday, it is also a good idea to allow for a "dive free" day in the middle of your holiday. Remember your first alcoholic drink means your last dive for the day.

### GENERAL TIPS

Dive Adventures wishes you a wonderful holiday - but please take care! Close to the equator, the sun is at its strongest and even though there may be cloud cover you can still get very sunburnt. Remember to take plenty of sunscreen. Sunscreen can be on the "expensive side" if buying at your destination, compared with buying in Australia. Factor 30+ broad spectrum is recommended by the cancer council of Australia and water resistant lotions are best. This should be applied frequently, particularly in humid conditions or when snorkelling or diving. If you get sunburnt, avoid the sun for a few days, and make sure that you drink plenty of fluids. Also wear a T-shirt / rash shirt in the pool or sea. Be sure to take a hat - or buy one when you arrive. In the tropics it is important to drink plenty of non-alcoholic fluids to avoid dehydration.

**The information contained in this leaflet is provided as an indication only. Dive Adventures suggests that you seek professional medical advice on your destination and required vaccinations before you depart.**

**HAVE A SAFE AND HAPPY HOLIDAY!**

To ensure all your holiday requirements have been met and all documentation is correct, Dive Adventures recommends that all passengers read through this information and check list thoroughly prior to departure. This checklist covers highly important aspects of preparing for your trip.

## Passport and Visa Requirements

1. Is your passport valid for the entire journey? (Most countries require a minimum 6 months validity after the return date of your trip and at least 2 blank pages in your passport)
2. Is the name on your airline ticket the same as that in your passport?
3. Are visas required for any part of your journey? (It is the traveller's responsibility to ensure all entry requirements have been met)
4. If travelling on a foreign passport, is a re-entry visa required and or valid?
5. If visas are obtained check expiry date and validity.

## Travel Insurance

Do you have travel insurance?  
Dive Adventures strongly recommends travel insurance.  
Contact your travel agent or Dive Adventures for details.

## Health and Vaccinations

Do you have any special needs or requirements?  
To enquire as to what your health requirements are prior to traveling please contact: Travel Vax on 1300 360 164  
They will be able to offer specific advice on vaccinations, medications and any first aid equipment required prior to your departure. Please check with your physician for the best precautions to be taken.

## Air Travel

1. Make sure you have a copy of your e-ticket with you at all times (if paper ticket make sure the correct coupons are removed at each airport).
2. Please observe check in and departure times and requirements at each airport (*these are subject to change*).
3. It is advisable to re-confirm all flights 48 hours prior to departure (*it is the passengers responsibility to re-confirm flights as schedule changes often occur without notice*).
4. Have all airport taxes been paid? Some taxes can only be paid locally at the airport .

## Hotel and Land Arrangements

1. Please check all travel vouchers and itinerary to ensure details of your accommodation and land arrangements are correct.
2. Use safety deposit boxes and safes wherever possible.
3. Does the country you are travelling to accept particular credit cards or travellers cheques?

Please be aware that changes can occur from time to time that are beyond the control of Dive Adventures. These may include travel conditions or schedules.

**Dive Adventures** recommends taking photocopies of your passport, visas, insurance policy and credit cards. Keep a spare copy on you, in your luggage and at home.

## Government Travel Warnings:

It is the client's responsibility to be aware of current warnings and advice. Refer to [www.dfat.gov.au/travel](http://www.dfat.gov.au/travel)

## Packing Guide

### Diving Equipment

- Qualification card, Nitrox card, and log book
- Mask, snorkel and gloves (not permitted in some places)
- Fins and booties
- Lycra suit to 3mm or 5mm steamer
- Buoyancy compensator and regulator
- Dive computer and gauges
- Divers knife
- Torch and re-charger / batteries
- Safety sausage
- Diver's watch

Dive Adventures recommends taking a spare mask, snorkel, fin straps and buckle, mouth piece and tie clip, batteries and globes for torches plus silicone grease for cameras and torches. When packing torches, please always make sure you separate the battery. Batteries should be packed in your carry-on luggage.

### Personal Items:

- Light clothing - shorts, t-shirts
- Hat, sunglasses, sunscreen
- Personal toiletries and medications
- Beach towel and swim suit
- Sarong and reef shoes
- Dry bag - for boat trips
- Camera, film / memory card, battery charger
- Power / electrical adaptor
- Windcheater and long pants
- Water bottle

Cameras are the personal responsibility of each traveler.

Excess charges and fees may be charged by the airline which is to be paid directly at the airport.

### First Aid Kit:

- Band - Aids
- Antiseptic cream or liquid
- Aqua Ear
- Sudafed
- Malaria tablets (If required for your destination)
- Insect repellent, anti-itch cream
- Paracetamol tablets
- Lomotil
- Any required prescription medications (with a letter from your doctor)

Dive Adventures recommends packing any medications in your hand luggage.

**Your holiday enjoyment is paramount to us. Included in your documentation you will find information specific to your destination. Should you require any further information regarding your holiday destination please give us a call.**

For updated information on airport security checks and requirements please visit the Australian government's new web site

<http://travelsecure.infrastructure.gov.au>

The site includes information about prohibited items, passenger and baggage screening, liquids, aerosols and gels (LAGs) restrictions. Travellers will also find recommendations about travelling with children, laptops, medicines and sports equipment.

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