

MARATHON TRAVEL SCHOOL TOUR CHECK LIST

Keeping Your Students Healthy Abroad



PACK SMART



Familiarize yourself with the weather of the country you are traveling to. Students should be supplied with a packing list outlining mandatory items, if your group is traveling to a hot climate, be sure everyone packs sunscreen to avoid sunburns and if your group is traveling to an extremely cold destination make sure everyone packs gloves and a hat to avoid frostbite.

TRAVEL BUDY SYSTEM



Have each student be accountable for another. They can work together and do certain activities together. When group roll call is being taken the buddies can look for one another and then if someone is missing their buddy may know more about their whereabouts. If an accident occurs in which someone is injured, one buddy may be able to tell you what happened if the other cannot.

ALLERGIES



Make sure all staff, parents, and volunteers who are traveling with your school group are aware of each student's medical needs, especially pertaining to allergies. Ensure students with terminal allergic reactions carry their EpiPen on them at all times, as well as jewelry or other allergy identifying information that specifies what it is they are allergic to.

RULES



Prior to leaving on an international trip it is important to familiarize all students and other group travel members to any and all areas of the country or city that you are traveling to that should be avoided. Explain why these areas need to be avoided and make it clear that students are to remain with the group at all times unless otherwise stated. Setting clear rules prior to departure and reiterating them throughout the trip will ensure everyone traveling knows the rules.

MEDICAL ASSISTANCE



Should a student or staff member fall ill while traveling, having a pre-determined list of medical facilities that are known to be safe for travelers is not only handy but saves time. A quick search online should give you this information, but if you are unable to find relevant medical facilities or hospitals listed, contact that country's embassy prior to departure and ask them for assistance.

INSURE THE GROUP



Make sure your group has a comprehensive and secure student group travel insurance. Student group insurance provides peace of mind to everyone involved in a trip abroad – including those left at home. Insurance will cover medical expenses or any other unexpected costs that may arise during the trip.

CARRY NECESSARY DOCUMENTATION



All travelers both student and staff should carry with them at all times the contact details of the Irish Embassy in that country. If your country does not have an Irish Embassy, find out which other country's embassy will be available to help in the case of an emergency, such as another EU Embassy. Travelers should also keep a copy of their passport, as well as medical documentation, and all other important documents in a safe place.