



Travel Health – Being Prepared

Description

No matter your age, travel health can be a threat to the success of your trip. This can occur before or during your trip. You can use many interventions to mitigate that risk, especially during the trip. Joelle has had a long career in the medical field as a nurse. Within that role, she was passionate about education, believing firmly that when patients understand what is occurring, it empowers them to have a more active role in what is happening to them. The patient can then become their advocate, which is essential to get the care they deserve. This translates to travel health well.

The goal is to educate our readers on the role they can take in their health during travel. It is about being prepared and understanding how and why it is your best choice. By understanding, you will be more likely willing to take on the actions and behaviors needed to ensure you are in the best travel health for your adventure. Joelle has always believed no one is incapable of comprehending the whys. We often don't give people enough credit, and if we explain it correctly and clearly, any layperson can learn.

Joelle will be adding many posts on Travel Health as the blog grows. Travel health-specific posts will be displayed on this page.

Posts in development on travel health

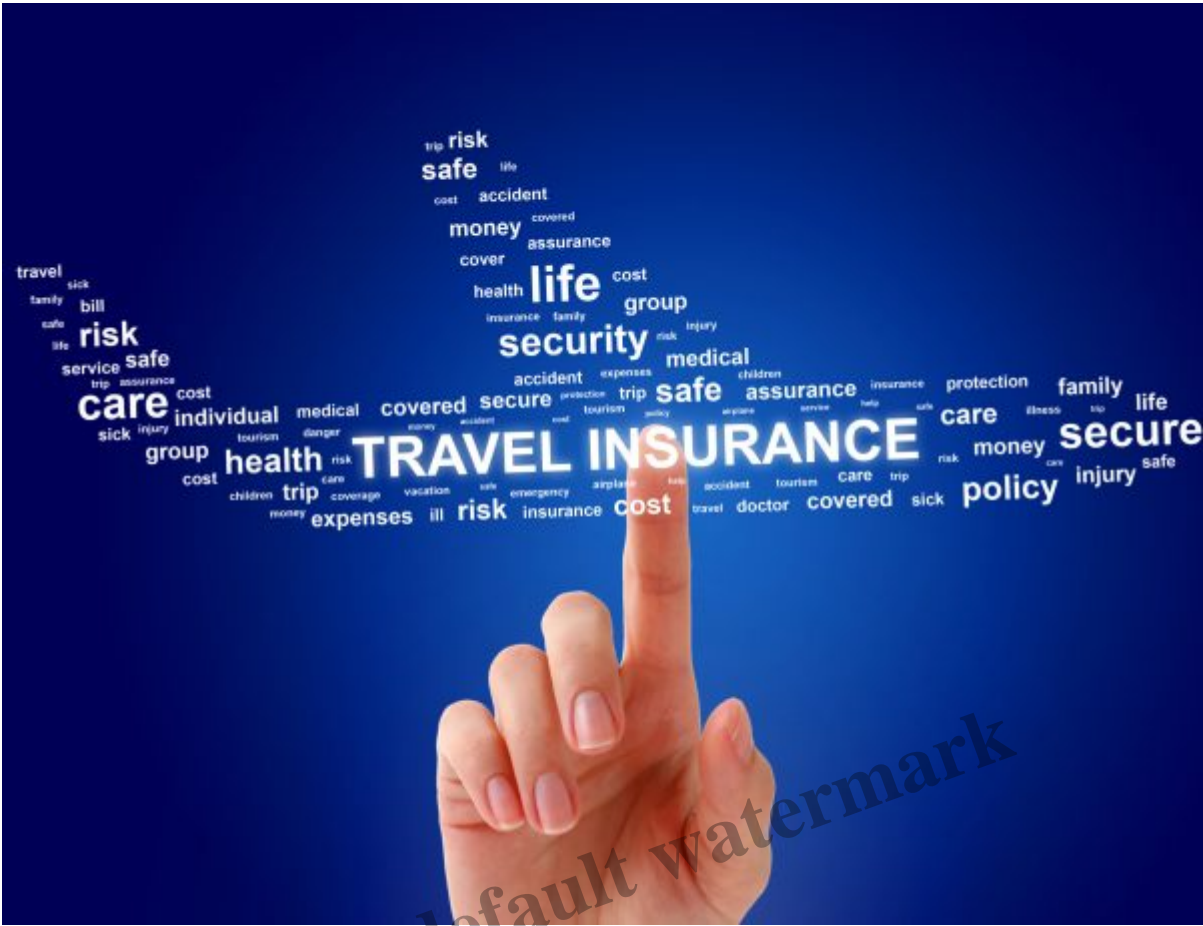
- Failproof Way to Prevent Sea Sickness
- Jetlag: Guidance on how to prevent that
- Getting Ill Abroad: How to Prepare
- Wanderers Compass Travel Emergency Card
- Handling Medical Emergencies During Travel
- Injury Before Travel: Should I proceed?
- Pharmacies Abroad: How to Make Use of them
- Plane travel: How to make it the best experience possible
- Added risk in Cruise travel: How to reduce your risk

The topics can be endless, but we may not have thought of what you are interested in. We would love to hear what you want to see us address on travel health. You may have hard-earned travel health stories you would like to share. It is when we share we learn. It may even save a life! You can let us know your ideas in the comment section below or contact us privately *here*.

We look forward to empowering you to take control of your health during your travel!

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Our Travel Health Posts



[Travel Health](#) / [Travel Tips & Resources](#)

Travel Insurance – Learn how to be a Savvy Consumer

We often encounter discussions on social media travel sites about whether someone should buy...

February 19, 2024



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Essential Medications for Long Flights: A Nurses Guide

“Spectacular achievement is always preceded by unspectacular preparation.” Robert H. Schuller It is all...

September 11, 2023



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Global Medical Evacuation Coverage for Travelers: A Frank Discussion

An in-depth look at Medjet Assist Global Medical Transport “All human plans [are] subject...

March 31, 2022



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How to Stay Healthy During Travel

Staying healthy during travel is about preparedness. We will guide you on what you...

March 15, 2021



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[Medical Supply Shopping List for Travel](#)

Our Travel Medical Supply Shopping List was created to assist you in gathering all...

March 3, 2021

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Our Top Recommended [Travel Products and Resources](#)

[Squaremouth.com](#)

Our favorite travel insurance site!

If you book a trip, don't forget to get travel insurance within 14 days of your first booking. We could not be stronger advocates of being well-insured. Not just for the little stuff but the big things like medical emergencies. We never leave home without it. Over the years, we have used many sites but have now found our go-to place. [Squaremouth.com](#) does a fantastic job; it has a user-friendly interface, uses top-rated and reputable insurance carriers, and most policies cover COVID-19 medical issues and cancellations. They also mediate on your behalf if you have problems with your policy.

To empower you as a consumer, we suggest you read our [blog post](#) on the importance of travel insurance and how to get the best coverage from top-rated companies for an affordable price.

[MedjetAssist](#)

Medical transport back home from anywhere in the world

They are the premier global air medical transport. One caveat to travel insurance is that medical evacuation usually gets you to the closest facility to care for you. Medjet gets you back to the U.S. to the hospital of your choice once you are stable enough to fly. They cover COVID-related transport as well.

[Medjet](#) carries its own policies. These policies are only for transport and do not cover other aspects of travel insurance. They have individual trip policies starting at \$99 and annual policies for around \$300. Most of their policies limit the age to 74 and younger. Prices are not based on age below that.

To learn more about how Medical Evacuation membership with Medjet Assist works, check out our [blog post](#) for a more detailed review.

[Expedia.com](#)

Hotels, home rentals, BNBs, flights, and other transportation & tours

[Expedia](#) is a US-based company whose mission is to power global travel for everyone and everywhere. Whether planning a family vacation, booking for business, or organizing the trip of a lifetime, they are a fantastic resource. Wanderers Compass focuses on independent travel, and using sites like [Expedia](#) makes that possible. Every aspect of travel you need, from airfare, accommodations, rental car, and cruises to activities to do at your destination, can be booked on [Expedia](#).

[Booking.com](#)

Hotels, Home rentals, BNBs, Flights, and other Transportation & Tours

[Booking.com](#) connects millions of travelers to memorable experiences, various transportation options, and incredible places to stay – from homes to hotels and much more. It is one of the world's largest travel marketplaces for established brands and entrepreneurs of all sizes.

We always check Expedia and Booking.com to verify prices. At times, one is sold out of rooms while another at the same place has rooms. We also often find some European hotels, especially smaller ones, on Booking.com but not on Expedia. It could be they are a Europe-based company. Try both before booking accommodations.

[Vacation Rental By Owner \(VRBO\)](#)

Are you traveling with a family or having an extended stay at your destination?

With over 2 million bookable vacation rentals, [VRBO](#) connects homeowners with families and vacationers looking for something more than a hotel for their trip. The [VRBO](#) community offers families or groups various rental property types such as condos, cabins, lake rentals, beach houses, etc.

[VRBO](#) is now under the Expedia group's ownership, which many were worried about, but it hasn't panned out to be a concern. It is a massive network with access to all lodging forms should issues arise. Joelle has used VRBO for many years with her family and has had no problems with it.

[Viator](#)

As the leading marketplace for travel experiences, [Viator](#) believes that making memories is what travel is all about. And with 300,000+ experiences to explore—everything from simple tours to extreme adventures (and all the niche, interesting stuff in between)—making memories that will last a lifetime has never been easier.

With industry-leading flexibility and last-minute availability, it's never too late to make any day extraordinary. This one site has it all and has experiences throughout the world. We use them often during our travels, especially for food tours. We especially take the time to read the reviews provided.

[Amazon.com](#)

An excellent source for travel essentials and guides

We now have our own Amazon Storefront with all our favorite travel accessories and gear in one place. Check out our travel store at the link below.

[Wanderers Compass Amazon Storefront](#)

Amazon is one of the most comprehensive online shopping sources in the world. Teams worldwide provide lower prices, better selection, and rapid delivery on behalf of customers. They offer a vast inventory, and their 1.7 million small and medium businesses worldwide selling on Amazon.com offer extensive options to customers.

We buy most of our travel books, accessories, and luggage from Amazon. We have ordered up to two days before travel and get what we need.

[HYDAWAY](#)

This is not your ordinary drinkware company. The **HYDAWAY** difference is what their products do when you're not using them. Practical and portable, HYDAWAY doesn't take up unnecessary space in your already-packed life or pile up in landfills. We all know that trying to pack light while being environmentally conscious can be difficult. Having the right items can make a world of difference.

[HYDAWAY](#) provides that.

We have used their collapsible water bottle, carrying case for the water bottle, and collapsible insulated drink tumbler. They are all lightweight and durable. A conservation-focused product you can be proud to buy.

Use our Promo Code. WANCOM15, at checkout for 15% off your Hydaway order

[Welcome Pick-ups](#)

(Airport and sightseeing service)

A global leader in ground transportation for travelers. They help hundreds of companies worldwide enhance their services and boost their revenue with our 5-star ride experiences and hassle-free automation.

Founded in 2015 in Athens, Greece, [Welcome Pick-ups](#) goes above and beyond the standard transfer service as the first company to deliver a holistic, in-destination travel experience. From the moment a traveler arrives at a new destination until they return home, Welcome accommodates all their travel needs (transfers, travel products, things to do, information) as the easiest, friendliest, and most personalized solution.

[PhotoAiD](#)

Do you feel like you are wasting time visiting an on-site photographer only to be embarrassed by the photo? Would you like control of the final product? Get the perfect VISA or passport photo online with PhotoAiD.

When traveling, you often need to apply for official documents such as a passport, ID, and different kinds of licenses or cards. Those applications require a picture that must meet specific conditions to be accepted, depending on the country. Now, it is possible to take this picture at home without the help of a professional photographer. PhotoAiD allows you to take the perfect biometric photo you approve without leaving home.

This article contains affiliate links. If you use these links to buy something, we may earn a small commission at no additional cost to you. Thank you!

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