

India Health & Vaccination Prep Guide

What to sort out health-wise before traveling to India — vaccination timelines, a basic travel health kit, and daily habits that prevent most common issues.

WHY THIS GUIDE

Health advice for India travel is scattered across government health sites, travel clinic pamphlets and forum threads with conflicting opinions. This guide organizes the planning timeline and daily habits — not specific medical recommendations, which should come from a qualified provider.

PLANNING AHEAD

Vaccine and medication needs vary by traveler, region and itinerary, so timing your prep matters.

- Book a travel health consultation several weeks before departure — some vaccines need time to take effect or require multiple doses
- Bring a list of your planned destinations and trip length to the appointment — recommendations depend on where exactly you're going within India
- Ask specifically about routine vaccines being up to date, plus any travel-specific recommendations for your itinerary
- Discuss malaria prevention options if your route includes higher-risk regions or seasons
- Check whether your health insurance covers care abroad, and consider separate travel medical insurance if not
- Save your provider's contact details and any prescriptions in both digital and printed form

TRAVEL HEALTH KIT

- Basic pain and fever relief, and any medication you take regularly, packed in carry-on with enough supply for the full trip
- Oral rehydration salts and a basic anti-diarrheal for common travel stomach upset
- Insect repellent suitable for the region and season, plus sunscreen for higher-altitude or beach stops
- A small first-aid kit with bandages, antiseptic and any personal essentials
- A copy of prescriptions and a basic note of any allergies or conditions, in case you need care locally
- Hand sanitizer and a reusable water bottle as everyday precautions

DAILY PRECAUTIONS

- Stick to bottled, boiled or filtered water, including for ice unless you trust the source
- Use sunscreen and stay hydrated, especially in hot, dry regions or at higher altitude
- Use insect repellent in the evenings, particularly in rural or wetland areas
- Wash or sanitize hands before eating, especially with street food or communal dining
- Pace yourself with new foods and spice levels in the first few days to let your system adjust
- Know the location of a reputable hospital or clinic near your accommodation in each city, just in case

Specific vaccine and medication recommendations depend on your health history, itinerary and current public health guidance — confirm with a travel health provider before you go, not from this guide alone.