Plan Ahead

- Obtain your Passport or any required visas as soon as possible. For more information, visit: [http://www.travel.state.gov/passport/passport_1738.html](http://www.travel.state.gov/passport/passport_1738.html).
- Register your trip at [https://travelregistration.state.gov/ibrs/ui](https://travelregistration.state.gov/ibrs/ui) so officials can contact you in case of an emergency.
- Investigate the local conditions, laws, legal system, political landscape, weather, and culture of the country you’re visiting.
- Check out any appropriate Travel Warnings, Consular Information Sheets, and Public Announcements available at [www.state.gov](http://www.state.gov).
- Find out whether your prescriptions are considered illegal narcotics in the country you’re visiting. Get a letter from your doctor listing your medications and explaining why you need them. Carry instructions for treating any allergies or other unique medical conditions you might have.
- Find out if you have valid health and travel insurance that will cover you while abroad. Check out [http://travel.state.gov/travel/tips/brochures/brochures_1215.html](http://travel.state.gov/travel/tips/brochures/brochures_1215.html) for a list of providers.
- Find out if it is required or recommended to get any vaccinations, immunizations, shots, or medicines at [http://wwwn.cdc.gov/travel/destinationList.aspx](http://wwwn.cdc.gov/travel/destinationList.aspx).
- Register to vote absentee if you’ll be abroad during any State or national elections by visiting [www.fvap.gov](http://www.fvap.gov).
- If you plan on driving abroad, obtain an International Driving Permit (IDP) from [http://www.aaa.com/vacation/idpf.html](http://www.aaa.com/vacation/idpf.html). Also, find out if you need additional auto insurance coverage.
- If you decide to take a pet abroad, check with the embassy of your destination for specific requirements that must be met before a pet may enter the country.
Before You Go

☐ Leave copies of important documents with family and/or a trustworthy friend at home:
  ☐ Passport identification page
  ☐ Airline tickets
  ☐ Driver's license
  ☐ Credit cards
  ☐ Serial numbers of your traveler’s checks
  ☐ Your contact information abroad (addresses and phone numbers)
  ☐ Emergency contact information abroad
  ☐ Insurance information

☐ Make sure your covered luggage tags are labeled with your name, address, and telephone numbers. Also, place your contact information inside each piece of luggage.

☐ Familiarize yourself with the current TSA luggage guidelines for air travel at www.tsa.gov and find out how much luggage your airline will allow.

☐ Know the credit limits on all your credit cards as well as how to contact those companies from abroad.

☐ Know the location and how to contact the closest embassy or consulate of all your destinations by visiting http://usembassy.state.gov. Use the wallet card available at www.studentsabroad.state.gov to record this information.

☐ Schedule a complete physical with your physician.

☐ Know how to contact a personal lawyer abroad in case you need legal counsel.

☐ Plan for multiple ways to contact home: calling card, internationally accessible email address, fax, etc.

☐ Find out whether or not your wireless mobile devices will work abroad.

☐ Arrange to get any needed immunizations, vaccinations, shots, follow-up inoculations or medicines.

☐ Order foreign currency and/or traveler’s checks. (Try not to carry around excessive amounts of cash!)

☐ Create an itemized list of all that you’ve packed in your luggage for insurance purposes.

☐ Arrange for a contact person at your destination to ensure acceptance of delivery for any items you decide to ship ahead of time.

☐ Arrange transportation to and from your airport(s).