

go from here.



PREP-LIST

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.
- Register your trip at <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.
- 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 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>.
- Register to vote absentee if you'll be abroad during any State or national elections by visiting www.fvap.gov.
- If you plan on driving abroad, obtain an International Driving Permit (IDP) from <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).