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/uir 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/idp.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).