

*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](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](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>.
- 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>. 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](http://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](http://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).