

# PLAN AHEAD

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- ☐ 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).
- ☐ Check on visa requirements for your host country <http://www.embassy.org/embassies/>
- ☐ Make flight arrangements to your host country.
- ☐ Attend Pre-Departure Orientation.
- ☐ Register your trip at <https://travelregistration.state.gov/ibrs/ui/> so officials can contact you in case of an emergency.
- ☐ Check out any appropriate Travel Warnings, Consular Information Sheets, and Public Announcements available at [www.state.gov](http://www.state.gov).
- ☐ 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.
- ☐ 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>.
- ☐ Make sure you have a credit card and debit card which can be utilized overseas, contact your financial institutions and inform them that you will be out of the country for an extended time.
- ☐ Fill out a change of address form and have current mail forwarded to permanent address in the U.S. <https://moversguide.usps.com/>
- ☐ 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.
- ☐ Apply for an International Student Identity Card (ISIC). You'll be surprised at how many discounted rates you are eligible for, from museum and movie tickets, to rail passes. And speaking of rail passes, get a student Eurail Pass, Japan Rail Pass, or whatever popular mode of transportation applies to your location.
- ☐ Confirm where you will live when you return to your campus after study abroad.
- ☐ Plan for multiple ways to contact home: calling card, internationally accessible email address, fax, etc.
- ☐ Investigate the local conditions, laws, legal system, political landscape, weather, and culture of the country you're visiting. Look at local news online from your host country <http://www.nettizen.com/newspaper/>
- ☐ Find out whether or not your wireless mobile devices will work abroad.
- ☐ Arrange transportation to and from your airport(s).
- ☐ Prepare a small travel file to hold your important documents: passport, plane ticket, insurance, emergency contact numbers, medical records, directions for when you arrive in your host country, name and phone number of program coordinator.
- ☐ Bring a gift for your host family if you are staying with one. If you are staying in a dorm, it still wouldn't hurt to bring a small token for someone local who may end up helping you out a lot.
- ☐ Re-confirm airline and arrival transportation arrangements 24 hours before departure.
- ☐ 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
- ☐ Arrive at the airport at least **THREE HOURS** before your scheduled departure time

# PACKING

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- ☐ Start packing. That is, put everything together and then take each and every thing that is just sentimental/non-essential out. See if you can carry it all easily on your own; if you can't, it's a sign to let go of more items. By now you should have a good idea about where you're going: the culture, the climate, the customs.
- ☐ 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.
- ☐ Make sure you have appropriately sized carry-on items with no more than one quart size zip-top bag with maximum of 3oz liquids inside and avoid prohibited carry-on items
- ☐ Check the local weather of your host city to make sure you dress appropriate for the weather <http://www.accuweather.com/world-index.asp?partner=accuweather&traveler=0>
- ☐ **Carry-on bag:**
  - ☐ Passport/Visa
  - ☐ Airline ticket/e-ticket confirmation
  - ☐ Emergency contact information
  - ☐ Address and phone number for destination
  - ☐ Prescription medication
  - ☐ Credit card
  - ☐ Some cash
  - ☐ Any documents and valuables. Keep liquids and toiletries of no more than 3 oz inside a small zip-lock bag.
  - ☐ Camera
  - ☐ Laptop and other small electronic devices
  - ☐ Calling card/Cell phone (if using one)