Passports and Visas

- Confirm your **passport is valid** for the duration of your travel. Some countries require **six months** of validity beyond the date your stay is scheduled to end.

- Determine if you need to obtain a **visa** prior to arriving in country. If you do, consider using a processing agency.

- **Scan and upload** your passport information in ISOS’s Emergency Record.

- Make two **paper copies** of passport - one to leave with someone back home, one to carry with you separately from your actual passport.

- Confirm that a **family member’s passport** is current in case there is an emergency and they need to join you.
Health-Related

- **Immunizations:**
  - **Identify** those needed, and plan ample time to receive them.
  - **Upload** immunization record into the ISOS Emergency Record.
- **See your personal physician/provider,** especially if chronic conditions, regular medications, are issues for you.
- **If you have particular concerns,** ISOS can provide information on resources / physicians at your destination.
- **Get prescriptions** for meds that might be advisable, given your destination. Consider what OTC meds make sense.
- **For meds you take regularly,** bring enough for the duration of the trip **and extra;** bring and upload into ISOS a written prescription.
Health Insurance

- **Contact your health insurance provider** before you leave and ask how they would respond to sickness or injury while abroad.
  - Depending on your insurance coverage and health situation, you might consider purchasing supplemental travel health insurance.
  - **Understand the process.** Up-front payment may be requirement with reimbursement later (keep receipts!)

- **Aetna Student Health Insurance Plan**
  - You will need to pay for care and then submit to Aetna for reimbursement

- **Bring important contact numbers for your insurance provider.** Some may have in-country contacts.
Property Insurance

Contact your renters or homeowners insurance provider to determine the extent of your coverage for lost or stolen personal property.

NOTE: Emory and ISOS do not reimburse for the loss or theft of personal funds or property.

If you have particularly valuable items (e.g., high-end electronics) you might consider purchasing insurance to cover them while traveling. Read the fine print, however, and thoroughly research the details of what is actually covered.
Money

Cash
• Bring **some local currency** so that you can get by upon arrival
• Understand which countries are cash only, have electronic banking, etc.

ATM
• Research **if your card will work** in-country, where machines can be found.
• **Notify your bank** of your planned travel so they won’t block your account due to “unusual activity.”
• If access and machine availability is “iffy,” bring more cash.
• Sometimes when ATM cards “should” work abroad, they don’t.

Credit cards
• **Research the usability** of your credit cards at your destinations.
• **Notify your US bank** that you will be traveling so they don’t block your account due to “unusual activity.”
• Determine if you’ll need PIN for “Chip and PIN” functionality.
Contacts, Keeping in Touch

- Determine the extent to which you will have cell phone and internet access and make sure those back home are aware of this. Consider using a simple, cheap cell phone while you are away, rather than your smartphone.

- Leave a detailed itinerary with a family member or close friend. Include as much information as you can – e.g., dates, addresses, phone numbers, contact persons.

- Register with the Smart Traveler Enrollment Program (STEP): a free service to enroll with U.S. Embassy or Consulate nearest to your destination. [https://step.state.gov/step/](https://step.state.gov/step/)

- Follow-up with your in-country contact(s) to confirm arrival information and plans for connecting once you arrive in country.
Arrival Plans

- Pick-up should be **pre-arranged**
  - **Who.** If not in-country mentor, then a pre-arranged taxi or service.
  - Know **exactly where** you will be going.

- If someone is picking you up
  - Make a **thorough plan** that includes time, meeting place, and back-up plans.
  - Have their contact information available.
  - Plan for **how to reach contact** based on the resources you’ll have on arrival (will your cell phone be operable?).

- Become familiar with **alternative options** in the event of a change in plans.
Travel documents

- Bring a hard, paper copy of all flight itineraries.

- Some airports require an itinerary for entry; accessing it on a mobile device may always not be possible.

- Airports can also include proof of vaccinations

- Airports may also require proof of flight and identity to collect luggage.
Travel Checklist

- Travel documents (passport, printed itineraries)
- Drivers License
- Cash, ATM, and credit cards
- Cell phone – open for use in local area. Buy SIM card
- Your “Go Bag” and associated items
- Headlamp and/or small flashlight
- Power adapters
- Chargers, extra batteries for devices
- Emergency “battery stick”
- Camera (careful of expensive models)
- Phone card
- Alarm clock
- Smoke alarm; consider a Personal Attack Alarm
- Small, quality padlock and loop-ended cable
- Rubber door stop (safety in room at night)
- Collapsible bag cage (communal housing security)
- Fake wallet (small cash, expired cards)
- Extra pair of eye glasses and copy of Rx
- Insect Repellant and Sunscreen
- Lightweight rope (available in bracelet form)
- Leatherman (not in carry-on!)
- Water purification tools, as applicable
- Safe water straw, water filters/tablets
- Gum or mints (helpful with nausea)
- Medications
- Mini First Aid Kit (painkillers, band aids, etc.)
- Bandana, handkerchief, light scarf, triangular bandage
- Roll of toilet paper or travel Kleenex
- Whistle
- Compass
- Safety pins
- Condoms (even if you don’t plan on using)
- Hand sanitizer and wipes
- Ziploc bags
- Small detergent packets
- Comfortable closed-toe shoes
- Clothing appropriate for local workplace
- Casual but modest clothing for travel
- Hat (sun protection)
- Sheet, silk sleeping bag
- Mosquito net, as necessary
- Small, quick-dry towel and wash cloth
- Address list for sending postcards home
- An open mind and positive attitude!
Adjust contents based on security/safety situation.

- First aid kit
- Water bottle & water sterilizing tablets
- Extra contacts or glasses
- Knife
- Map
- Compass
- Flashlight
- Charger

- Matches (lighter if not flying)
- Phone and/or communication radio
- Daily meds
- Backup flash drive (whatever info on)
- Small change in local currency
- Supersize bandana
- Info card which includes
  - safety, security, survival tips,
  - important phone numbers and key phrases in local language