

INTERNATIONAL TRAVEL CHECKLIST

Tip: Be sure to ask lots of questions while you travel!

Before Your Trip

- Check luggage restrictions for each airline and follow the strictest regulations before packing
- Research and understand the exchange rate before you travel.
- Arrange a hold on your mail if needed
- Call your bank, credit card company, or other financial institutions to let them know when and where you are traveling
- Register with the Smart Traveler Enrollment Program: <https://step.state.gov/step/>
- Pack light!

Items To Leave At Home

- Your itinerary with spouse or friend
- Copy of your passport (photo and visa pages) and other travel documents
- Unneeded credit cards
- Expensive jewelry
- Penknife or anything that looks like a weapon

Bring With You

- Bible
- Major credit card with PIN#
- Passport (passport should be valid for at least six months from start of trip)
 - Some countries require more than 2 empty pages in your passport book to be allowed entry
- Local contact information and address to fill out the Entry Card (if needed)
- Two photocopies of all your travel documents in case of emergency or if your documents are lost or stolen. Leave one copy with a friend or relative at home. It is always a great idea to let at least one person know exactly where you will be staying and how to contact you in an emergency. Carry the other copy with you stored separately from the originals. Documents to make copies of include: passport, visa card, driver's license, address where you are staying, contact information, flight itinerary, daily itinerary
- If you are taking any medications, pack enough for your entire trip + extra in case of emergencies
- You might want to get a letter from your physician in case you are questioned about your carry-on medication; some countries have strict restrictions on bringing prescription or even non-prescription medications into the country without proper medical documentation.
- Airline Itinerary (many countries require round trip ticket for entry)
- Camera
- Mosquito spray
- Sunscreen
- Pocket-size Journal
- Airline frequent travel cards
- Basic first aid items
- Card listing allergies and medical conditions
- Business cards (pack in checked luggage)

Before Departure and at the Airport

- Check your flight schedule in case there are any cancelled or rescheduled flights
 - Flight delays are possible any time of year!
- Count your cash before leaving
- Check in early and go through security immediately
- Check bags to your final destination
- Never agree to watch someone's luggage
- Report unattended bags and packages
- Travel Documents - Check all travel documents before leaving to ensure that they are valid for the duration of

your trip, including extensions.

- Airline Tickets - Check your airline tickets to ensure that routing is as planned and that you know ALL of your stops.
- Packing Hints - The clothing you pack should always be appropriate for the climate and activities on your trip. In general, pack:
 - Clothing that is wrinkle-resistant, drip-dry and comfortable.
 - Comfortable walking shoes.
 - Versatile styles that can go from casual to dressy.
 - Toiletries in unbreakable plastic bottles.
- Pack in your carry-on bag
 - A supply of any medication and extra pair of prescription glasses or contacts lenses.
 - A change or two of clothing in case your checked bag doesn't follow you to your destination
- Note the location of exits
- Move away from disturbances
- Take care of personal needs before boarding since long delays and waits are common

When Traveling...

- Stay alert and aware of your surroundings
- Keep phone numbers of local contacts with you
- Keep your money out of sight - never count it in public
- Find out where the "wrong" parts of town are and stay away
- Avoid disturbances - go the other way, immediately
- Learn to operate the telephones the first day
- Don't stop to investigate accidents
- If accosted, try to stay calm, watch for escape
- If being followed go directly to the police, hotel, or office

General Comments and Tips

- Do not flash large amounts of money when paying a bill
- Always remember that you are a guest in another's country.
- Obey all laws of the country you are in - no drugs - no smuggling.
- Keep your currency forms with you
- Never discuss financial matters in public
- Tape your name, address, and passport number inside your suitcases
- Take a pocket calculator for converting currency, etc.
- Carry a small notebook with your camera to record where photos were taken
 - Most countries prohibit photographing military and governmental facilities
- Keep sales receipts handy for customs
- Get someone to write your hotel address in the local language and keep it with you
- Avoid ice cubes wherever you're advised not to drink the water
- Avoid raw vegetables wherever you're in doubt